

Partnership Matters



Aberdeen City Health & Social Care Partnership

A caring partnership

Welcome to our Aberdeen City Health & Social Care Partnership Newsletter

This is our last partnership newsletter of the year and it seems like time has flown by with so much happening and so much planned for the next few months.



I remain hugely impressed by the commitment shown by everyone I come across to deliver a consistently high quality service to the people who use our health and care services across all the sectors. The professionalism that I have observed gives me a confidence that when we 'go

live' our focus on reshaping our delivery models won't be at the expense of our day to day activities.

You are hopefully aware of all the integration related activity that has taken place to date. We have progressed much but you won't be surprised to hear that there is still much more to do. The next few months will undoubtedly be a very busy time for us as we seek to put in place all those necessary arrangements that the legislative guidance and our integration scheme says must be in place. We have commissioned the Good Governance Institute (GGI), Thrive and Nurture Development (ABCD) to help us as we progress along our integration journey.

We are already beginning to see the benefits of the developing relationship between our integration board and GGI and we are looking forward to seeing other dividends as we seek to engage more closely with our communities and progress the alignment of our locality based services.

Given how busy everyone is it is always good to have additional assistance with our endeavours and I'm delighted to welcome two new colleagues to the integration team. Gail Woodcock has joined us on a two year secondment as our Locality Programme Manager whilst Fiona Shedden has joined as our new Communications Business Partner.

Our focus next year will move to developing our vision of our localities and aligned services and developing integrated multi-disciplinary teams and the contributions of both Gail and Fiona to these activities will be very welcome.

The consultation on our draft strategic plan recently came to an end and many thanks to those of you who offered your thoughts and comments. We will be revising the draft plan in the light of all these contributions in the new year with a view to presenting it to the integration board in February.

Did you notice the new template for this newsletter using the partnership's new logo and strap line?

We hope you like them as we anticipate that you will see a lot more of them in 2016. We are continuing to develop our website in anticipation of our 'go live' date and would welcome your thoughts about how it looks and what it says. I'm not forgetting about our merry band of tweeters (#TeamAberdeen) who are using Twitter to share useful information and good practice.

Lastly, I would like to extend my gratitude to those of you who are working one way or another over the festive period. We are all too aware that the work that we do does not get put on hold as care and treatment is required to different people in different circumstances 24/7.

Whether you are working or not, I would like to thank you all for your support and hard work over the past year and wish you a peaceful and enjoyable Christmas.

Judith Proctor

A caring partnership



North East Sensory Service (NESS) Update

Aberdeen City See Hear Strategy – Improving the lives of people living with a sensory loss

With 1 in 6 people living with a hearing loss, and an increasing number of older people living with significant sight loss, the Scottish Government's See Hear

Strategy aims to ensure the needs of people living with a sight and/or a hearing loss are met. The Aberdeen See Hear Strategy Group has funding for 2 key projects.



Free sensory awareness training

The Aberdeen City See Hear Strategy Group has a significant amount of money to deliver free sensory awareness training to people providing front line care services in Aberdeen City. North East Sensory Services (NESS) is providing the training on behalf of the Aberdeen See Hear Strategy group.

Sensory Checks

To enable early detection, diagnosis and intervention of sensory loss, the group is introducing simple hearing loss and sight loss checklists to be used by front line care staff. NESS can support the care staff to use these checklists through training, advice and information. The aim would be that these checks become a part of every service user's regular care plan review.

Identifying training needs

To help the Aberdeen See Hear Strategy Group to get a better understanding of the training needs of people working in health and social care, we are also asking anyone working in health or social care to complete this short survey monkey questionnaire

To book your free sensory awareness training or find out about the sensory checks, please contact NESS directly on 01224 625622 or email info@nesensoryservices.org.

For more information about the Scottish Government's See Hear Strategy please visit: www.gov.scot/Publications/2014/04/7863/downloads.

Hearing loops

NESS is lending its support to Hearing Links "Let's Loop the UK" campaign (www.hearinglink.org) by raising awareness of the positive benefits that hearing loops can offer many people who rely on hearing aids. There are a number of companies who install loop systems. Staff at NESS would be happy to discuss your requirements and direct you to companies that fit loops.

Healthy Reading at Aberdeen City Libraries to launch in January

Aberdeen City Libraries will be launching Healthy Reading collection in January 2016.

The collection has been developed with input from NHS Grampian and local health care organisations and is tailored to account for the varied health needs in the local community.

Healthy Reading is for everyone. The titles within the collection cover a broad range of health issues including Addiction, Allergies, Cancer, Chronic Pain, Dementia, Disability, Healthy Eating, Mental Health, Self-esteem and Sleep.

There is also a selection of mood boosting fiction titles. The collection has been created to offer help and support to people living with health issues, their family and friends and those with an interest in the subjects.

We will be holding a number of events throughout 2016 to help promote the collections.

We welcome input to these events, our collections and health information provision from all community groups and partners who have an interest in health.

If you would like to find out more about the project, please get in touch with us at:

healthinfo@aberdeencity.gov.uk

North East Sensory Services (NESS) – Achieving independence for blind and deaf people

Tel 01224 624622 • info@nesensoryservices.org • SMS 07593 102004

www.nesensoryservices.org



Jimmie Dickie and Carol McLeod, Karen Sedgwick (Horizons/Bon Accord Care), Anne Brodie (VSA)

Aberdeen Health and Social Care Partnership Website

The Partnership's website is now up and running. The address is www.aberdeencityhscp.scot

We will be adding to the site's content over the coming weeks and months.

If you would like to give us feedback on the website or make suggestions for content, please email us at nhsg.devfacaberdeen@nhs.net

Welcome....

To **GAIL WOODCOCK** (GWoodcock@aberdeencity.gov.uk) who has commenced a two year secondment as our Locality Programme Manager. Gail was a service manager in Housing & Communities, ACC and has a strong background in community engagement and development.

FIONA SHEDDEN is the partnership's new communications business partner having previously had her own communication and marketing consultancy. Both Gail and Fiona are based in the **Community Health and Care Village (645520/645725)**.

We also welcome **TARA MURRAY** (tara.murray@nhs.net) and **FIONA NAIRN** (fionanairn1@nhs.net) who are organisational development facilitators with an alignment with the south and north localities respectively.

Horizons Carer's Rights Event

Horizons Rehabilitation Centre, hosted a Carer's Rights event on 18th November. This successful event was held in partnership with VSA Carer's Service and is set to become an annual feature in the Horizons calendar.

The event was held to promote Carer's Rights Day. The theme this year for this National Event was –

“Having the right information at the right time can make a huge difference when you are caring for someone.”

A variety of organisations provided a range of information and advice to carers, these included,

- **VSA Carer's Support Services**
- **Self Directed Support**
- **Telecare**
- **Hillylands**
- **Money Advice**
- **Disabled Peoples Housing Association**
- **Care Management**
- **Health Point**
- **Life Coaching**

Feedback from people who attended the event has been very positive (not just for the delicious scones and cakes kindly donated by The Fine Peace Café).

Many carers highlighted the benefits to coming along to such an informative session and have already lined up further appointments with some of the organisations who were there.

The opportunity to meet and share stories with other carers was particularly helpful and the advice, information and support available from all the above resources, helped ensure the success of the day.

VSA Carers Newsletter

To view the latest issue of 'Carers in Touch' please **click here**.



Occupational Therapy Students Set the Scottish Fire and Rescue Service Alight

Last year two Occupational Therapy (OT) students from Robert Gordon University spent one of their practice placements working between the Community Adult Assessment and Rehabilitation Team (CAARS) at City Hospital and The Scottish Fire and Rescue Service (SFRS). Both the students and the staff involved in the placement found it enormously rewarding and beneficial. Subsequently, this year NHS Grampian and the Scottish Fire and Rescue Service are providing a second, similar placement.

The students will spend time in each area, developing an understanding about the links that exist between our services. Working in a community OT setting, they will screen, assess and treat patients in their own homes and will be involved in strength and balance exercise classes and the Falls Clinic. They will attend Aberdeen Community Safety Partnership HUB meetings with the Fire Service, linking up with partner organisations, and will take part in Home Fire Safety Visits.

Last year it was quite evident that the knowledge and skills developed by the students while working with CAARS, was transferred into their work with the Fire Service, raising awareness of the role of Occupational Therapy, the importance of falls screening and assessment and the many different initiatives that are currently being developed in this area. In addition staff working at City Hospital developed a strong link with the Fire and Rescue Service, enabling referral of appropriate patients between the two areas and facilitating greater interagency collaboration.

Following last year's placements OT staff spent time shadowing the SFRS Community Action Team in their role and staff from SFRS spent time shadowing OTs working in patients homes. So learning was certainly not restricted to the students.

We all look forward with interest to evaluating the impact of the current placements on both student learning and the services concerned, and seeing what future developments unfold.

Eating Disorder Service NHS Grampian

NHS Grampian's Eating Disorder Service is based at Fulton Clinic on the Royal Cornhill Hospital site in Aberdeen. The service offers specialist assessment and treatment for sufferers of Anorexia Nervosa, Bulimia Nervosa and related disorders on an out-patient basis.

Our clinical staff consist of specialist nurses, psychologists, psychiatrists, physicians associates and dietitians and we offer a service to men and women aged 18 to 64 from across the Grampian region, including Aberdeen City, Aberdeenshire and Moray, as well as people from Orkney and Shetland, using videoconferencing technology when appropriate. We receive referrals predominantly from GPs and mental health professionals.

We have close links with the North of Scotland regional in-patient eating disorder unit, NHS Grampian's Young People's Department and our out-patient eating disorder colleagues in NHS Highland and NHS Tayside. We also maintain links with the UK eating disorder charity B-EAT (www.b-eat.co.uk) and the North East Eating Disorder Support (Scotland) group (NEEDS) (www.needs.scotland.org).

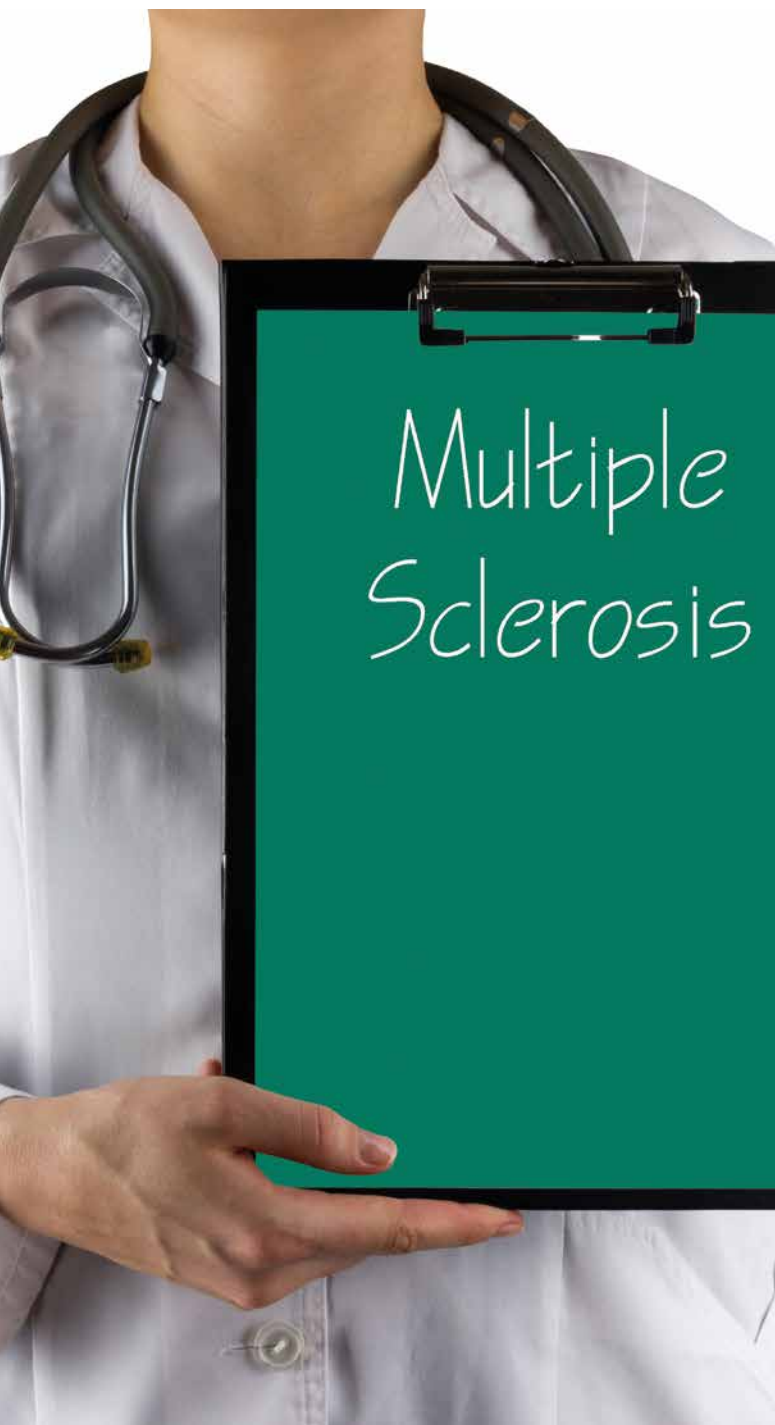
We offer a range of psychological therapies and dietetic intervention in group and individual formats. We operate a patient-centred treatment philosophy and make every attempt to match interventions to the needs of our service users whilst utilising evidence based practice and best practice guidelines. We also involve and support families and carers where appropriate in our systemic interventions.

We are committed to improving the services we offer by implementing service evaluation and audit, as well as developing the knowledge base in eating disorders via research.



Five principles to help people living with MS

A rehabilitation programme designed to improve the lives of adults with multiple sclerosis has proved a success since being introduced in April 2015 at Sue Ryder Dee View Court neurological centre in Kincorth.



The 5Rs programme is based on the principles: relax, rebuild, re-energize, reintegrate and regenerate which is in line with the Scottish Government's self-management strategy to enable people living with long term conditions to manage their own health. Feedback from those that have completed the course has found that:

- 100% of participants felt an increased state of wellbeing
- 100% reported they had tried a new activity for the first time
- 90% felt more confident
- 40% felt less socially isolated

Over ten weeks, participants take part in a range of activities to help them with both their emotional and practical needs in an environment where they can make friends with others who have MS.

The activities on offer include yoga, art therapy and educational classes where they learn to look after their spine and control fatigue. They are also given complimentary therapies to help them relax and boost their energy and motivation.

The 5Rs programme recognises that everybody's journey with MS is different so providing individually tailored activity is key to helping them manage their condition, reduce their risk of further health problems and gain the confidence and independence they need to make the most of their life.

To find out more about the 5Rs programme please contact Vicky Robb, 5Rs Project Facilitator at vicky.robbs@suerydercare.org or tel: 01224 245920.



Golden Games Partnership Award

Julie Somers (Wellbeing & Golden Games Lead) was presented the Healthier Lifestyle Award at the prestigious Scottish Health Awards by Maureen Watt, Minister for Public Health, Scottish Government. This award was warmly received on behalf of the partners of the Golden Games (Aberdeen's Free Sports & Activities Festival for over 65's). The Games are a partnership between Aberdeen City Council, NHS Grampian, Aberdeen Football Club Communities Trust, Sport Aberdeen and Aberdeen Sports Village. A film crew came to the City prior to the awards ceremony. The film that they made can be viewed **here**.



Left to right (back): Cllr. Len Ironside, Cllr. Lesley Dunbar, Maureen Watt (Minister for Public Health), Sandy Reid (Aberdeen Health and Social Care Partnership), Paula Bissett (Sport Aberdeen). Seated: Julie Somers (Aberdeen Health and Social Care Partnership).

Partnership Matters is the newsletter of the Aberdeen City Health and Social Care Partnership covering the health, care, third and independent sectors. If you wish to contribute to future editions please contact us on nhsg.devfacaberdeen@nhs.net

Visit our new website for more integration information - www.aberdeencityhscp.scot

Follow us on Twitter 'Integration Aberdeen' @HSCP Aberdeen for more regular updates.



www.aberdeencityhscp.scot