



Get Involved!



A Newsletter for Cardiac and Stroke patients and their carers, family & friends

Issue 8
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Shropshire & Staffordshire
Heart and Stroke Network



Welcome to our September newsletter.

It's been a very busy summer and I'm looking forward to my holidays in a few weeks time! For those of you who did get away and have some holiday time we hope you enjoyed it.

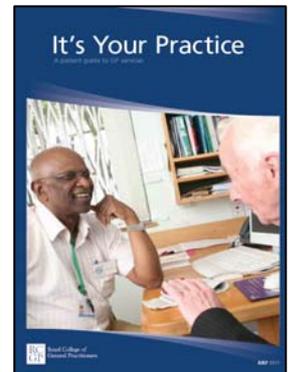
We'll be taking a look at how new technologies can be used to engage public, patients, staff and carers in new and more effective ways for service improvement over the next few months so if you have any ideas, thoughts or suggestions simply get in touch. The next newsletter is due out in November so if there is anything you want to see in the next edition please get in touch before the end of October.

Paula Wells, Patient & Public Involvement Lead

Getting the most from your GP practice

A guide to help patients get the most from their GP practice has been launched by the Royal College of General Practitioners (RCGP).

It's Your Practice: A Patient Guide to GP Services is available free of charge and gives patients a diverse range of useful information - from choosing and registering with a surgery and understanding the different services that are available, through to making appointments and getting the most from your consultation. You can download a copy here [It's Your Practice: A Patient Guide to GP Services](#)



Do you want to get more involved in the work that we are doing to improve your local cardiac and stroke services?

We are currently working on projects in heart failure, raising awareness of stroke, community support and resources, nursing homes and psychological services. We always welcome input from members of the public, patients and carers who are interested in cardiac and stroke services locally. Have your say about how future services should be provided and where you want them to be. **All we need is your name and contact details.** We hold our events and meetings in various locations across Shropshire & Staffordshire and we can support you with travel costs for involvement in our projects. Please do get in touch.

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Make your voice heard – join our Network Voices!



Listening to the experiences and opinions of people who have been affected by cardiac and stroke related health problems is at the centre of all we do. Share your experiences to help improve stroke and cardiac services in your area. You don't need any special skills to join our network of voices, just be willing to share your experiences and your views and opinions. Help us to help you make a difference.



How can you get involved?

Telephone, send a text, send an email, or write to us. All contact information is at the bottom of this page. We look forward to hearing your views.

Voluntary Sector Investment Programme: Innovation Excellence and Strategic Development Fund 2012-13



The 2012-13 fund is now open for applications. Grants can only be awarded to organisations

“...providing a service similar to a service provided by the National Health Service or by Local Authority social services ...”

If your organisation does not have a health or care focus you may not be eligible. If you are unsure, you can check your charity objectives or your company objectives (as set out in your Memorandum and Articles of Association). If your objectives allow you to carry out health and care focused activities then you will meet this eligibility criteria. We may ask you to provide details of your company objectives if we cannot get this from existing sources such as Charity Commission website.

You will need to ensure your registration is on our on-line Award Information Management System (AIMS) **by noon on Friday 7 October 2011**. Please note that if you – as your organisation's application contact - submitted an application to last year's (2011-12) IESD Fund you are not required to re-register on AIMS. If an organisation's application contact from last year has moved on, the new contact at the organisation will need to ensure her/his registration by noon on Friday 7 October 2011.

The following link provides you with all the information you need to make an application
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_118373

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Time to get your flu vaccine - Don't wait until flu is circulating – protect yourself now

From Monday 3 October, GPs will be seeing millions of people in at risk groups to have their flu vaccine, Chief Medical Officer Dame Professor Sally Davies today announced. (September 22, 2011)

Flu is a very unpredictable virus. For most it's an uncomfortable illness that can come on quite suddenly and severely. Symptoms usually include fever, chills, headaches and aching muscles as well as a [cough](#) and [sore throat](#). But last year over 600 people died from flu and the majority were in clinical at risk groups. People who are in the clinical at risk group are 11 times more likely to die if they get flu than a "healthy" person – for some groups, like those with chronic degenerative neurological diseases, that risk rises to 40 times.

Clinical at risk groups include those with:

- a heart problem;
- a chest complaint or breathing difficulties including, bronchitis, emphysema;
- a kidney disease;
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment);
- a liver disease;
- a history of stroke or a transient ischaemic attack (TIA);
- diabetes;
- a neurological condition e.g. multiple sclerosis (MS) or cerebral palsy; and
- a problem with, or removal of, their spleen e.g. sickle cell disease.

The flu vaccine is free to everyone in these groups because flu can be serious for them if they catch it. It is also offered free of charge to: people aged 65 years and over; all pregnant women; and the main carer of an older or disabled person. If you haven't had your flu vaccination by the end of October, get in touch with your practice and make an appointment.

AGE UK Shropshire Telford & Wrekin CONFERENCE

GETTING IT RIGHT! PLANNING FOR OLDER AGE A one day conference to inform and challenge all who are interested in issues that affect older people

Wednesday 9 November 2011 at the Greenhous Stadium, Shrewsbury. Making plans for how we want to live our lives in older age can help to make choice a reality for us all. What are the issues we need to consider? Keynote Speaker Sheila Scott, Chair of the National Care Association Other speakers include: Anne Wadey, The Bereavement Advice Centre Harry Edwards, Severn Hospice Rob Campbell Consultant Geriatrician at PRH Telford; Liz Holdsworth, Solicitors for the Elderly The Bishop of Shrewsbury

Cost: £50 (20% reduction for groups of 10 or more) Older people and students - only £25 The price includes lunch and all refreshments during the day. For more information and a booking form call on telephone number 01743 233123

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Carers Health and Wellbeing Morning

Thursday 29th September 10.30am - 12.30pm - Castle Farm Community Centre, Hadley, Telford, TF1 5NL

Carers, remember your health and wellbeing matters too. Come along and find out about issues relating to health for you and the person you care for. A variety of organisations will be present to give information and advice. Limited number of goody bags available, come early to claim yours. Healthy refreshments available: kindly supplied by Sainsbury's, Telford. Both carers and the cared for are welcome to come along to this event – as the information on living a healthy life style is relevant to everyone!

There will be presentations on the following:

10.45am - 11.15am Continence & Pressure Area Care - Your Skin Matters	Explore the myths associated with bladder and bowel problems. Find out how to optimize healthy skin and prevent skin problems such as pressure ulcers, moisture problems and skin tears.
11.25am - 11.55am Psychological Therapies	Find out about techniques to help you cope with anxiety, depression, OCD, phobias or panic.
12.00 - 12.30pm High Five Arts and Crafts Session	Join in and find out how you can have a happier life through your 'High Five a Week'.

Contact us on 01952 240209 or email admin@carerscontact.org.uk to book a place for any of the presentations (you may be able to drop-in to the sessions if there is room on the day).

Please note: parking is limited at the Castle Farm Community Centre but there is ample parking close by in Hadley Centre.

Libraries to take the joy of reading to residents homes

Libraries across Stoke-on-Trent have set up a new service giving older people and those housebound the chance to enjoy reading in the comfort of their own homes. From September, a team of volunteers will be available to go to residents homes and read aloud to them from the book of their choice. The service aims to share the pleasure that books and reading bring with those in need of support. Residents will need to book a volunteer for a time slot in advance.

Residents who are, or know of, someone unable to get out of the house or living in a residential home and would like someone to read to them, can contact Anne Mackey on 01782 238401, or email anne.mackey@stoke.gov.uk.

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