

**BRECKLAND OLDER PEOPLE'S FORUM  
NEWSLETTER 25<sup>th</sup> June 2018**



For further information on Breckland Older People's Forum  
contact [brecklandopf@gmail.com](mailto:brecklandopf@gmail.com) or Tel: 07546 152695

For information regarding meetings & any submissions for newsletters  
contact Linda Heanue (Secretary) [lheanue@btinternet.com](mailto:lheanue@btinternet.com)

*Our next Professionals Meeting will be on 14<sup>th</sup> September 2018,  
1.30pm at Breckland Council Offices, Dereham*

**Members of the Public welcome**

ON THE FOLLOWING PAGES YOU WILL FIND INFORMATION ON -

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**Page 7 – SNCCG; LILY; Norfolk & Waveney STP**

**Attachments:-**

**Flyer – Norfolk & Waveney STP**

**AGM Invitation WNCCG**

**Age UK – Creative & Cultural Activities**

**Palliative Care Newsletter 3**

## **BRECKLAND OPF APPEAL FOR NEW COMMITTEE MEMBERS.**

We are looking for 2/3 people, who are committed to the health and wellbeing of older people, to join us. It is not onerous. We have about 6 to 8 committee meetings per year on a Friday afternoon in Dereham and at these we plan our 4 Professional/Public meetings, which we hold on a variety of topics affecting the lives of older people. Those that are able, attend various meetings across county which keep us informed about the ongoing agenda affecting older people in Norfolk. All you need is ENTHUSIASM, SOME IDEAS and A LITTLE TIME so please get in touch.

For further information/details please contact Erica Betts, Chair, BOPF  
**the.betts32@btinternet.com or call 07771771637 or if I am unavailable please call Linda Heanue, our Secretary, details at the top of the Newsletter.**



### **Items of interest for older people - general information**

#### **Grandparents Plus - Keeping families together**

Millions of families rely on grandparents. We're here to make sure they can handle whatever life brings. Grandparents Plus is the only national charity (England and Wales) dedicated to grandparents and their role in the care and development of their grandchildren. We're a voice for grandparents. We recognise the huge contribution grandparents are making to families across the country, and we speak out to make sure their voices are heard - whether they're providing childcare so parents can work, stepping in to care full-time or shoring up a safety net for the next generation. We're a lifeline for kinship carers. Through our advice service and support network, we help kinship carers by providing support, giving independent guidance and connecting them with each other. Our support programmes are developed with kinship carers for kinship carers, and are changing lives by strengthening families across the country." <https://www.grandparentsplus.org.uk/who-we-are>

#### **The benefits of contributing to your community in later life**

Evidence has shown that those in later life who make voluntary contributions report an increase in wellbeing, self-esteem and social connections. From jury service to street parties, soup kitchens to popping round to make a cup of tea, unpaid voluntary activities make an essential contribution to every community, sustaining the structures and fabric of community life. There is also a large and growing body of evidence on the benefits that people derive from voluntarily helping others (e.g. Onyx & Warburton, 2003). We want to find ways to enable more people in later life to take up opportunities to contribute their skills, knowledge and experience, because we believe this will help them build and improve their social connections and sense of meaning and purpose. This review presents a summary of the evidence base on the benefits for people in later life of making unpaid contributions to their communities. We will explore people's motivations, and the barriers and opportunities they face in making a contribution, in a separate review.

<https://www.ageing-better.org.uk/publications/benefits-contributing-your-community-later-life>



The Queen Elizabeth Hospital King's Lynn is part of the National Audit of Dementia and we would like your help to publicise it with any groups you work with – I thought initially just about West Norfolk Patient Partnership (and maybe the Older Persons Forum) but want to reach out to as many carers of patients with dementia so any other groups you work with that may touch this potentially isolated group please share as you feel appropriate. Last time we were involved the response was poor therefore we want to listen more and act more – not only for patients and their carers in West Norfolk, South Lincolnshire and Wisbech but nationally.

Please ask everyone to share it far and wide – the more responses we receive the more things we can work to improve.

Below is the information from about the survey – please share as you feel appropriate I am very grateful for your support – and there is an incentive too !

***The National Audit of Dementia (Care in General Hospitals) needs your feedback!***

*In 2016, 4664 people who look after a family member/friend/partner with dementia in England and Wales completed a questionnaire for the National Audit of Dementia (NAD). Thank you so much to everyone who returned a questionnaire to the NAD Project Team. You can see the reports the audit published last year which highlight the key messages from carers and family at [www.rcpsych.ac.uk/dementiareport2017](http://www.rcpsych.ac.uk/dementiareport2017) The National Audit of Dementia is running again this year and The Queen Elizabeth Hospital King's Lynn is taking part! If you are visiting someone with dementia in our hospital between 4<sup>th</sup> June and 21<sup>st</sup> September, please ask a member of staff for a questionnaire to complete. It is anonymous, and all feedback goes straight to the NAD Project Team. It will take 5-10 minutes to complete.*

*You can also complete the questionnaire online at [www.CarerQ.org.uk](http://www.CarerQ.org.uk) if you prefer. You will need to provide the name of the hospital the person you care for is in/has been in at the start of the questionnaire.*

*Everyone who completes a questionnaire will have the opportunity to enter a prize draw to win one of five £50 vouchers for a high street store of their choice.*

## ***Silver Social***

***The Little Love Cabaret – Performance***

**2nd – 6<sup>th</sup> July**

***Somewhere between sketch show, rom-com & glitter bomb! Join us for an all singing, all dancing afternoon of joy Performance by Spiltmilk Dance***

**Tickets only £5, available on the door**

**Dates & Venues:**

**Monday 2<sup>nd</sup> July: 2pm – 3:30pm, Ashill Community Centre**

**Tuesday 3<sup>rd</sup> July: 2pm – 3:30pm, Harling Old School Hall**

**Wednesday 4<sup>th</sup> July: 2pm – 3:30pm, Shipdham All Saints Church**

**Thursday 5<sup>th</sup> July: 2pm – 3:30pm, Mattishall Church Rooms**

**Friday 6<sup>th</sup> July: 2pm – 3:30pm, Necton Community Centre**

***Complimentary refreshments included***

**Free Local Transport Available:**

If you would love to attend a performance but don't have access to a car or public transport, please contact us.

**Tickets available on the door**

*Or reserved in advance, all payment on the door. Contact us to book.*

**Coming soon:**

Performance:

***Doctor Zeeman's Catastrophe Machine***

By Martin Figura

**Attleborough, Swaffham, Dereham, Gressenhall, Thetford, 16<sup>th</sup> – 20<sup>th</sup> July – Tickets £5**

**New programming coming soon!**

To book tickets or transport: 01362 656870 or reply to this e-mail

More details: [www.thesilversocial.com/events](http://www.thesilversocial.com/events)

## Issue 21, June 2018

Welcome to the latest edition of [Health matters](#), a resource to support professionals working to improve population health. This edition focuses on The Healthier You: NHS Diabetes Prevention Programme (NHS DPP), which has been developed to prevent or delay onset of Type 2 diabetes in adults already identified to be at high risk.

## Preventing Type 2 Diabetes

[Read our new edition](#) which looks at how to optimise the NHS Diabetes Prevention Programme (NHS DPP) in order to identify those already found to be at risk of developing Type 2 diabetes and offer support that will help them reduce their risk of developing the disease.

Case studies - Read our case studies on:

- [Driving clinical engagement in diabetes prevention in Luton](#)
- [Series of NHS England case studies](#)

## Latest blog posts

Read our blogs on:

- [Health Matters launch blog](#)
- [Your questions answered](#)
- [Evaluation and next steps for the NHS DPP](#)

## Preventing Type 2 Diabetes resource list

### Policy

- [Diabetes prevention programmes: evidence review](#)
- [Progress of the Healthier You: NHS Diabetes Prevention Programme](#)

### Data

- WHO [‘Global Report on Diabetes’](#)
- PHE [Diabetes Prevalence Model](#)
- PHE [‘NHS Diabetes Prevention Programme \(NHS DPP\): Non-diabetic hyperglycaemia analysis’](#)
- NHS Digital [‘National Diabetes Audit 2016-17’](#)

### Guidance

- [NICE: Type 2 diabetes - prevention population and community level interventions](#)

### Tools

- [NHS RightCare Diabetes Pathway](#)
- [EAST behavioural insights offer](#)



## West Norfolk Clinical Commissioning Group

Thank you for the opportunity to provide an update to the Norfolk and Waveney Dementia Partnership. West Norfolk CCG are happy to provide this update on behalf of the West Norfolk Dementia Network, a partnership of voluntary and statutory sector organisations, the West Norfolk Older People's Forum and carers.

·The West Norfolk Dementia Network started to meet again (bi-monthly) in September 2017 after a short break in meetings.

·The Network receives the CCG's Dementia Action Plan for oversight at each meeting.

An update on current actions and areas of work is given below:

Dr Pallavi Devulapalli (West Norfolk CCG Governing Body Member and Mental Health clinical lead) has undertaken clinical support sessions focussed on dementia at two West Norfolk GP practices. Further support sessions are planned. The idea is to target support to those practices whose dementia register numbers appear low.

A press release about the importance of getting a dementia diagnosis was released during Dementia Action Week 2018. This was supported by information for GPs about services in West Norfolk and a, "Why Diagnose Dementia" leaflet also for Gps.

A half day education event for GPs in September will include a session on dementia.

Four "Task and Finish" groups involving colleagues across the West Norfolk health and care system took place to consider:

- § Best use of community support and support pre-diagnosis;
- § Pathways, referrals and assessment, including GP involvement in diagnosis;
- § Post diagnostic support; and
- § Crisis support.

The priorities from the Task and Finish groups will be included in a dementia strategy and commissioning plan for West Norfolk now being drafted.

Work is also underway looking at:

- § Ways to make West Norfolk more dementia friendly;
- § To consider how we can use information systems to ensure dementia diagnoses are being captured accurately; and
- § To consider how best to work with care homes and home care agencies.

In recent months, the Network has received updates from the local Norfolk Libraries and Information Service – including books on prescription; Community Action Norfolk – about their research on VCSE support for dementia in West Norfolk; and will be receiving an update on social prescribing at its May meeting.

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Would you please note that South Norfolk Provider Forums, held quarterly at the Costessey Centre have been cancelled for the remainder of 2018.

Norfolk County Council are currently reviewing the role and purpose of the provider forums as part of a wider review of provider relationships and methods of communication. This work is ongoing. Please therefore remove the South Norfolk forums on 14th September and 14th December.



The B&Q Club offers over 60s the chance to save 10% every Wednesday with Diamond Club membership. To get this extra benefit, you'll need to sign up in store and show some ID as proof of age.

Please see below a link to the EDP's coverage of the loneliness funding announcement:

<http://www.edp24.co.uk/news/health/in-good-company-cash-1-5470548>



The Boots Advantage Card offers older shoppers extra perks via its More Treats For Over 60s scheme. You can earn 10 points for every £1 spent on Boots-branded products and the No7 range – a bonus on the usual four points per £1.

Please find attached a f  
at the Costessey Centre

**2018**

The Norfolk & Waveney Sustainability and Transformation Partnership, alongside the NHS Clinical Commissioning Groups in Norfolk and Waveney, is hosting a workshop focusing on the opportunities and challenges of integrating psychological therapies with physical long term condition pathways, with initial focus on Cardiology, Respiratory and Diabetic Medicine. We are looking to involve people and carers who may have experience of the cardiology, respiratory or diabetic pathways in the project, and are extending the invite to attend the workshop.

If you would like to attend, please email [donna.abrahams@nhs.net](mailto:donna.abrahams@nhs.net) to confirm a space.