



Voices 4 Wellbeing

Rochdale Borough Local Involvement Network

Voices 4 Wellbeing Newsletter

Issue 005

March 2010



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Letter from the team....

Welcome to the new edition of our newsletter!

Since the last issue, we have had our Annual General Meeting at the Town Hall (called 'One Year On'), we have launched our massive Dentistry Survey, been snowed out of the office and elected our Governance Group!

Also in this issue, we have updates from our Housebound and Homelessness task groups, a fun dentistry-themed wordsearch for you to complete and plenty of information about upcoming events in the Rochdale Borough.

We hope you enjoy this issue and as always, if you have anything you would like to appear in our next issue, please contact Steven using the details on the back page.

Julie, Jules and Steven

One Year On Celebration Event



His worshipful the mayor of Rochdale, Cllr. Keith Swift, in front of Governance Group member Marian Corns

On the 23rd November 2009 Voices 4 Wellbeing (Rochdale Borough's Local Involvement Network) held a *One Year On Celebration Event*. The event took place at the Town Hall in Rochdale, to celebrate the successes of Voices 4 Wellbeing's first official year working to help improve health and social care services across the borough. The event was well attended; approximately 60 people joined the host staff and Governance Group to celebrate their success, including his worshipful the mayor of Rochdale; Councillor Keith Swift, who gave a small talk at the event.

Nicola Gribben, Programme Manager for Personalisation attended the event and gave a presentation about the changes in personalisation taking place across the Rochdale Borough.



Some of V4W's Governance Group members (from the left) Marian Corns, Eleanor Tierney, Jennifer Fletcher & John Right with Nicola Gribben, Programme Manager for Personalisation (right).

ROCHDALE NEWS

THREE WARDS CLOSED

Hospital wards have been sealed off after an outbreak of the winter vomiting virus.

Three wards at Rochdale Infirmary were closed to control the spread of the seasonal illness.

Hospital bosses took the measure after a small number of patients suffered from diarrhoea and vomiting on Friday.

The stomach bug – also known as the norovirus – is one of the most common in Britain.

Its effects are generally mild and sufferers usually recover within three days.

But visitors and out-patients are being asked to steer clear of the hospital, unless necessary, to avoid spreading the illness.

A spokesman for Pennine Acute Trust said: "A number of wards at Rochdale Infirmary have been affected by the norovirus. This has resulted in a number of beds being unavailable and those affected wards have been closed temporarily."

Story from the Rochdale Observer.

ROCHDALE NEWS

BOGUS CALLER TARGETS OAP'S

A CONMAN posing as a water board worker took advantage of the big freeze to try and trick his way into two pensioners' homes in Kirkholt. In the first incident the offender left empty-handed after the victim fought back.

Shortly after an 88-year-old woman was targeted at her home in the same street. She escorted him to the kitchen and tried not to leave him unattended, but he managed to steal £270.

The offender is described as a white man, aged 20 to 25, about 5ft 10ins tall with a round face. He was wearing a black bobble hat, black jumper and black trousers.

Detective Constable Michael Berger said: "We are doing all we can to trace this man but there are some steps residents can take to combat bogus callers - always prearrange visits with any firm, ask for identification from anybody calling at your home and check they are who they say they are with a call to their employer.

"If in doubt don't allow them in and ask them to return at another time - a genuine caller will never be offended by these requests."

Story from the Rochdale Observer.

CQC INFORMATION

Introducing new essential standards of care

From April 2010 new essential standards of care are being introduced gradually across all health and adult social care services in England. The Care Quality Commission (CQC), the new independent regulator of health and adult social care, will license services if they meet essential standards and constantly monitor them to make sure they are compliant with the law.

The new system means that you can expect services to meet essential standards of quality and safety that respect your dignity and rights.

NHS trusts are the first to come into the new system. From April 2010, for the first time, all NHS hospitals must by law be registered with CQC according to the essential standards.

CQC's assessors and inspectors are currently reviewing each NHS trust application before licensing them to operate.

Once registered, CQC will publish information on its website about the status of your NHS hospital and this will be updated with new information in the course of the year. Your voice will count in helping CQC decide what judgements to take and CQC is developing ways to enable you to feedback your comments directly.

The government has given CQC greater powers of enforcement than before to ensure they can take swift action where care providers are failing people.

Find out how you can expect to benefit from the essential standards at www.cqc.org.uk.



HAVE YOUR SAY ON NHS DENTISTRY

We are currently looking at the effects the lack of access to an NHS dentist has on the people of Rochdale.

To assist us in that, we want to hear from you about your experiences with NHS dentistry in the Rochdale Borough.

There are three ways you can take part in our survey:

1. By post. You can contact the team (details on the back page) who will send you a survey in the post along with a reply-paid envelope to return it to us.
2. By phone. You can call the team who can go through the survey with you over the phone.
3. Online. You can visit our website at www.voices4wellbeing.co.uk/dentistry-questionnaire.html and complete the short survey there.

Your answers will help us to get a clearer picture about the dentistry situation in Rochdale, and enable us to compile a report with recommendations to the decision makers.

Thank you for taking part, and if you require any assistance with this please contact the support team.

What Does Being a Member of the LINK mean to you?

Kathie Schuller, Pennine Care NHS Foundation Trust

Being a Link member to me means that the work I do in developing mental health services, provides a forum to reach others outside of mental health services, including an opportunity to see that progress and information is shared through the link.

Further more being a link member mean's that I can be rest assured that Voices 4 Wellbeing will persue support and move forward and if necessary lobby the work being carried out in secondary mental health services.

Voices4 wellbeing are a shining example of working in joint partnership with Local Authority and Pennine Care projects. We need the Link to bring all service together. Carry on the good work!

The logo for Link4Life, featuring the text "Link4Life" in a sans-serif font. The number "4" is stylized with a horizontal line through it. Below the text are four horizontal bars in blue, orange, red, and blue.

EVENTS

Saturday 27 February 2010

Fake That

The 1st and still No 1 tribute to Take That Plus support

Doors: 7pm for 7.30pm

Tickets: Adults: £8, Children & Concessions: £6

Wednesday 7 April 2010

Mark Andrews Presents Theo the Mouse's Musical Madhouse

Suitable for ages 2 - 102!!

Stuck for something to do this school holiday? Why not take the kids to this brand new exciting show - starring the funny and loveable Theo the Mouse.

Featuring songs, sketches and plenty of audience participation, this is the show not to be missed.

Time: TBC

Tickets: £7.50 adult's
£6.50 child/concession
and £26 for a family
ticket

**Contact the Arena Box
Office: 0844 855 4020
(10am-4pm) or call in at
the box office to collect.**



TEEN LIFE CHECK

What's Teen LifeCheck?

If you're aged 12 to 15 NHS Teen LifeCheck is the website for you. There's a quiz that checks out your life and lets you know how you're getting on. Don't worry, there are no right or wrong answers.

There's stuff about your health and keeping fit, staying safe, alcohol, drugs and loads more. There are also top tips and info about support services. It can help you to set your own goals and make smart life choices.

Why should I do an NHS LifeCheck?

Being a teenager isn't easy. There's plenty of stuff going on in your head - mates, alcohol, your family, school, smoking, sex. Sometimes you just need somewhere private to go to where you can see if you are doing OK or to get some advice.

How do I do it?

Just visit www.teenlifecheck.co.uk

Don't be left in the dark. Do a Teen LifeCheck now!

V4W Wordsearch

Keeping with the dentistry theme, why not get your teeth into (!) this wordsearch....

Words to find:

- dentist dentures enamel fluoride
- incisor molar nhs plaque
- teeth toothbrush toothpaste



Play Online.....

An interactive version of this wordsearch is available online at:

<http://tinyurl.com/yhdu4gg>

HOMELESSNESS TASK GROUP UPDATE

Following the workshop which was held in August 2009, a meeting took place on 19th October to discuss the information that had been gathered and to formulate formal recommendations for the final report. The report will now be forwarded to the relevant health and social care commissioners and will soon be available on the Voices 4 Wellbeing website. Look out for information on the feedback we receive in future issues of this newsletter.

Below: Volunteers helping at a task group meeting.



HOUSEBOUND TASK GROUP UPDATE

In November we held a small pilot of our Housebound Survey with a group of carers and ex-carers. 12 surveys were completed and there was good feedback received.

As a result of that feedback, some of the questions will be amended before the survey is launched. With the help of the mobile library service, we hope to reach a wide audience of people.

LIVE LIFE 2010 EVENT

If you're looking for new and inspiring ways to lead a healthier life and feel great then don't miss Live Life on **Wednesday 10 March.**

Live Life will be staged at the **Heywood Civic Centre** and Phoenix Centre on Church Street, with a host of great ideas and help to get you leading a healthier lifestyle! It runs from **11am-8pm.**

If you need help getting to Live Life in Heywood, free transport is available from various locations around the borough. To book free transport phone 01706 364711. (Lines open 12pm - 4pm weekdays).

Special celebrity guests will be appearing, including actor and comedian Ricky Tomlinson. Ricky, best known as television's funniest couch potato Jim Royle in the smash hit BBC1 comedy 'The Royle Family' will be popping in to meet visitors between 1pm - 3pm.

Voices 4 Wellbeing will also be in attendance, holding a stall with free goodies to give away, so do come and say hello!

LIVE LIFE 2010

Toys for Kids Campaign

Being in hospital can be a difficult, bewildering and often a scary experience for anyone – and particularly for children. The RBPP delegation led by the Mayor Cllr Keith Swift last year visited the Jalalabad Ragib-Rabeya Medical College Hospital in Sylhet. To their dismay found that the Children's Ward did not have a single toy for sick children to play with. The RBPP believe that we should help the JRRMC Hospital make it as comfortable and relaxing as possible and work towards creating the very best healing environment for children.

It's a simple fact that children get better more quickly in an environment they like and even enjoy. When you donate toys to needy or sick children, you provide inspiration and a glimmer of hope. Without sufficient toys and books, children don't develop necessary motor skills, studies also show that infant toys are critical for brain growth that affects learning later in life.

Drop off points for your donation of toys:

Wardleworth Community Centre, South St, OL16 2EP

Rochdale Town Hall

BACP, 108 Ramsay St, OL16 2EZ

Star of Bengal Restaurant,
Yorkshire St,

**Deeplish Community Centre,
Hare St, OL11 1JT**

Castlemere Community Centre,
Tweedale St,

**Veenas Restaurant, York St,
Heywood, OL10 4NN**

La Minhaz Restaurant, Market
Place, M24 6AE

Milnrow Balti, Dale St, OL16 4HS

Thamins, Dearnley Cottage,
L'borough, OL15 8PL

**Bay of Bengal, L'borough, OL15
9DQ**

HSSC SOCIAL CLUB FOR PEOPLE WITH LEARNING DISABILITIES (18+)

**ROCHDALE GATEWAY LEISURE LTD
2 KENION STREET, ROCHDALE, OL16 1SN**

TEL: 01706-515800

Up and Coming Events

March 2010

(For further information Please ring Amjad on 01706-515805)

DISCO

DATE: Friday 5th March
TIME: 7pm - 9pm
COST: £2



DISCO AND SONGS OF YOUR CHOICE!

DATE: Friday 12th March
TIME: 7pm - 9pm
COST: £2



QUIZ & DISCO

DATE: Friday 5th March
TIME: 7pm - 9pm
COST: £2



BINGO AND DISCO, BIG PRIZES!!

DATE: Friday 5th March
TIME: 7pm - 9pm
COST: £2

GOVERNANCE GROUP ELECTED!

The Governance Group for 2010 has now been elected. Up until this point, there was an Interim Governance Group in place.

We would like to take this opportunity to thank everybody who was involved until now. Their dedication, commitment and expertise were essential in helping Voices 4 Wellbeing get up and running.

The 2010 Governance Group members are:

- Marian Corns – Individual
- Jennifer Fletcher – Individual
- Eleanor Tierney – Individual
- John Wright – Individual
- Joy Gerber – Organisation – RADDAG
- Karan Youngblut – Organisation – POPPs (Carers)

This leaves 6 places on the Governance Group. Members will be co-opted onto this group in the future. Anyone wishing to become a member of the Governance Group should contact Julie Darbyshire using the contact details on the back page of this newsletter.

YOUR EVENT HERE!

Do you have an event that you wish to advertise free of charge?

Or maybe you wish to advertise your organisation to a wider group of local people?

The next issue of this newsletter is due to be published in May 2010.

If you have anything of interest that you would like for us to include, please contact Steven using the contact details provided on the back page of this newsletter.

We will always try to accommodate your advert/news story and there is no charge whatsoever.

We look forward to hearing from you!

Patient Experience Services

PALS – ‘we’re here to help’

PALS is a confidential service which focuses on improving the service provided to NHS patients, carers and their families.

The PALS service aims to :

- Advise and support patients, their families and carers on any issues relating to their health.
- Provide information on NHS services
- Listen to patients concerns, suggestions or queries
- Help sort out problems quickly on a patient’s behalf

PALS will not disclose personal details to anyone without asking the permission of the patient.

For help, advice or information please contact the PALS service on our freephone number

0800 121 4430

THREE OWLS BIRDS RE-HOUSED

A third of the birds at Three Owls bird sanctuary have now found new homes.

Manager Nigel Fowler has contacted all sanctuaries across the UK to try to ensure every one of its 156 birds are re-housed.

On Monday four hens and two cockerels were taken to Rainbow Valley Bird Rescue in Skipton.

Sixty pigeons have been moved to another sanctuary in Skipton and Mr Fowler is in negotiations with an owl sanctuary in the hope that it can take all 47 owls at Three Owls.

Mr Fowler, who made the decision to [close the sanctuary](#) because legislation required it to have a zoo licence or to make costly changes to its operation, is preparing to drive as far as Surrey and Cornwall to rehouse the birds.

He said: "We have had pledges of support from sanctuaries as far away as Scotland.

Story from the Rochdale Observer



Housing and support

Are you looking for housing?

English Churches have 1 bedroomed vacancies in two of our schemes.

The requirement is that you must be over the age of 55. We can offer a lot in return:

- Scheme Manager service
- 24 hour emergency service
- Secure door entry system
- Communal lounge
- Shower room
- Guest room
- Lift access to upper floors
- Private enclosed gardens



We encourage our tenants to live independently, and also enjoy activities including coffee mornings, bingo, games evenings, craft afternoons, social events and day trips. Transport is provided to a local luncheon club.



If you would like to visit the scheme or would like further information, then please contact Nazia Zia the Scheme Manager on 01706 521287 or 01706 631805

LITTLE ELLA IS A REAL MODEL PATIENT

A brave toddler who had both kidneys removed because of a rare illness turned model for the day at the new Manchester Children's Hospital.

Little Ella Chadwick posed with the hospital's mascot to promote its 'name the mascot' campaign.

The photographs will be used in leaflets and other promotional material for the hospital where the two-year-old is expected to have a lifesaving transplant this summer.

Ella, who is set to receive a new kidney from her father Martin after both parents were declared a blood and tissue match last month, was asked to model for the hospital after being treated for a tummy bug and dehydration.

Mum Karen Hughes, from Platting Lane, Balderstone, said: "A lady came to see us and explained that Ella's name had been put forward because she is so photogenic. I can't wait to see her pictures in hospital photos and leaflets. Ella loved being a model - she was tickling the bear and giving him high fives."

TOWN CENTRE SHOPS: MINISTER NOW GETS INVOLVED

Business owners told the minister for the north west what they would like to see done to revive the town centre when he visited Rochdale at the weekend.

MP Phil Woolas was invited to meet with local traders by Rochdale's Labour parliamentary candidate, Simon Danczuk, after latest figures showed one in five shops in the town centre are empty.

The minister was shown around the town centre by the chairman of the Voice of Rochdale Independents group, Paul Turner-Mitchell.

He met Anis Hajee at Slyk Clothing, Jocelyn Thompson at Shoes by Laces and Danielle Sharrocks at 25 Ten Boutique during the tour.

This included introducing free parking on Saturdays, putting artwork on empty shops, reducing rates for town centre businesses and a bringing in a cap on the number of charity shops.

Story from the Rochdale Observer

The Doorstep Library Service

Do you enjoy reading but are unable to carry books or get to a library?

The Doorstep Library Service can provide a monthly delivery to your home.

There are all kinds of books available for your enjoyment including large print editions and books on tape and compact disc. Music CDs and jigsaws are also available. You tell us what type of books you enjoy and we will bring them to your doorstep.

This service is completely FREE.

To find out more contact Margaret Packham, Special Services Section, Rochdale Libraries. Telephone 01706 924917.

The Mobile Library Service

Bringing the library to you – for FREE

The Mobile Library visits over 100 locations in the Rochdale Borough once a fortnight.

The vehicle carries a stock of around 2500 books to choose from including fiction, non fiction, large print and children's books. Books in community languages and talking books on cassette and CD are available on request.

There is a lift for anyone who has difficulty with the steps

To find out where and when the Mobile Library stops near you contact Margaret Packham, Special Services Section, Rochdale Libraries.

Telephone 01706 924917



GET INVOLVED!

We are always on the look out for people who wish to volunteer and get involved with our work. There are many ways you can get involved, be it from just completing the occasional survey (such as our Dentistry survey mentioned earlier in the newsletter) or by joining one of our task groups.

You don't have to commit to attending regular meetings, you can 'dip in and out' whenever you feel like it.

You can get involved on YOUR terms – you can decide how much time you can give, and when you can give it. We will always find a way for you to be involved.

If you are interested in any specific piece of work we are doing, or if you just wish to find out more information about how you can be involved, please don't hesitate to contact us using the details below.

We hope you have enjoyed this issue of the newsletter and we look forward to hearing from you!

CONTACT DETAILS

Partnership House
Sparrow Hill
Rochdale
OL16 1QT

Tel: 01706 510 845

Fax: 01706 710 769

Email: rochdalelink@voices4wellbeing.co.uk

Website: www.voices4wellbeing.co.uk



From left: Steven, Julie and Jules

IF YOU REQUIRE THIS DOCUMENT IN ANY OTHER FORMAT, PLEASE CONTACT US