

STAKEHOLDER NEWSLETTER



June 2017

News

Care homes to celebrate 'Friendship' across local communities



On 16 June, care homes across the country will be opening their doors for Care Home Open Day to celebrate 'Friendship' across local communities. They will be welcoming the public to spend time with residents, meet the staff and get involved in events and activities around the home.

Care Home Open Day is a UK wide initiative inviting care homes to open their doors to their local communities. This year's Care Home Open Day is focusing on 'Friendship' and the importance of connecting with local communities, developing lasting relationships and encouraging intergenerational rapport. As part of this year's event, Care Home Open Day will be celebrated in conjunction with The Big Lunch.

The Big Lunch, part of the Eden Project in Cornwall and an annual event, aims to get as many people as possible to share lunch together in an act of friendship that will encourage communities to connect and help to prevent isolation amongst those who may be living alone. It's the perfect recipe for having fun with your neighbours, feeding community spirit

and helping to build stronger neighbourhood connections – so fits in nicely with the Care Home Open Day ethos!

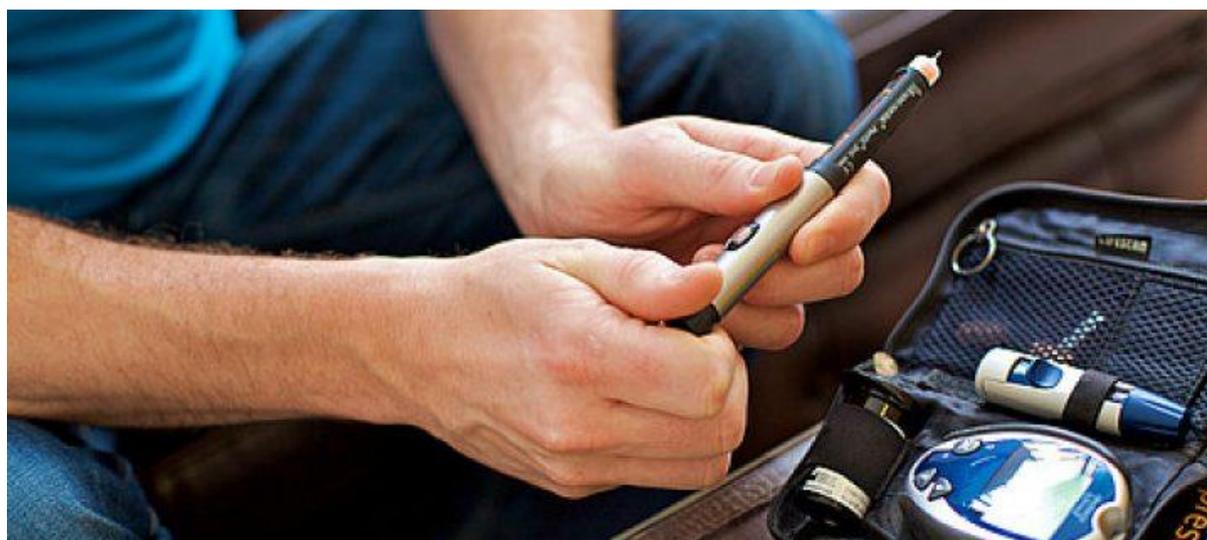
Care homes are encouraged to celebrate friendships that have developed between residents, families, friends and staff, as well as with their neighbours, to reinforce how they should be an integral part of their local community.

Care Homes participating across East Lancashire and Blackburn with Darwen are:

Bank Hall Care Home (Burnley)
Favordale (Colne)
Haslingden Hall & Lodge (Haslingden)
Heather Grange (Burnley)
Hollymount Residential & Dementia Care Centre (Blackburn)
Lower Ridge (Burnley)
Olive House Lancashire County (Bacup)
Peel Gardens (Colne)
Springhill Care Home (Accrington)
Stocks Hall — Andrew Smith House (Nelson)
The Grange (Colne)
White Ash Brook Care Home (Accrington)
Woodside (Padiham)

To find out more and for details of your nearest participating care home, visit the Care Home Open Day website at: www.carehomeopenday.org.uk

Diabetes: Find out what help and support is available



Diabetes Awareness Week takes place between June 12–18, and this year the theme is 'Know Diabetes, Fight Diabetes'.

To support this, doctors at NHS Blackburn with Darwen and NHS East Lancashire Clinical Commissioning Groups (CCGs) are educating local residents on what help and support is currently available for those who suffer from diabetes.

The majority of people have a good understanding of diabetes; however, many others are not getting the right support to look after their condition.

This is why it is important for people to know exactly what help is available for them in order to manage their diabetes.

The two main types of diabetes include type 1 which is when the body's immune system destroys the cells which create insulin, and type 2 which means the insulin produced is not effective as it should be. Lack of production (as in type 1) and lack of effectiveness (as in type 2) of insulin lead to high levels of blood glucose seen in Diabetes.

The majority of people in the UK with diabetes suffer from type 2, a total of 90% of people are diagnosed with this condition.

The main symptoms of diabetes include:

Urinating more frequently (especially during the night)

Blurred vision

Feeling very tired or thirsty

Cuts/wounds which heal slowly

People who are diagnosed with diabetes need to make sure they eat healthy, exercise regularly and carry out frequent blood tests to ensure blood glucose levels stay balanced. Treatment for diabetes varies depending on which type you have been diagnosed with.

If you have been diagnosed with type 1 diabetes you will need to take daily insulin injections for the rest of your life. Whereas, with type 2 diabetes medication may eventually be required depending on how severe the condition becomes.

Dr Rahul Thakur a local GP and clinical lead at both CCGs, said: "Diabetes is a condition which can be controlled given the correct medication as well as leading a healthy lifestyle.

"We just need to educate people and make sure they are aware of the help available so that they can control their condition.

"I would advise local residents to familiarise themselves with the symptoms of diabetes, so they can arrange an appointment as soon as they think there may be an issue."

Call the Diabetes UK helpline on 0345 123 2399 for any help or advice on diabetes.

Visit the [NHS Choices website](#) for more information on diabetes including the symptoms and the treatments available.

NHS Blackburn with Darwen and NHS East Lancashire Clinical Commissioning Groups supports Patient Participation Week 2017



NHS Blackburn with Darwen and NHS East Lancashire Clinical Commissioning Groups (CCGs) are supporting National Patient Participation Week, which runs from June 19–24 2017.

The aim of the awareness week is to promote patient participation groups and the valuable work they undertake. The week is organised by the National Association for Patient Participation (NAPP), a national charity, formed in 1978.

Working in partnership with GPs and practice teams, patient participation groups ensure the patients perspective is at the heart of local NHS services. This helps to keep the services focused on the needs of the patient, continuously improving quality.

The groups also provide practical support in the surgery, improve communication between the practice and its patients, act as a critical friend to the Practice and help patients to take more responsibility for their own health. Many practices are now offering services online for example booking appointments, ordering repeat prescriptions or patients being able to view their own health records. For insight into how the GP online services are working and to look at this from a patients view, click on the link below:

<https://vimeo.com/220489110>

Patient Participation Week aims to highlight the importance of patient participation to achieve excellence in care for all patients. During the week, patient participation groups across the UK will be holding a wide range of events to increase public and professional awareness, including working with local media organisations to highlight success in patient participation. In East Lancashire, engagement events are taking place in Pendle at Colne Health Centre and in Rossendale at Rossendale Valley Medical Practice.

Mr Jeremy Stanford, Chair of a Patient Participation Group from East Lancashire (CCG) said:

“Patient Participation Week is a great opportunity to educate local residents on the valuable work patient participation groups undertake and the changes they make to the benefit of patients and services.

Michelle Pilling — Lay Member Patient and Public Involvement, and Deputy Chair at East Lancashire CCG said:

“This is a great opportunity for anyone interested in supporting their GP practice by joining their patient participation group and finding out more about how they can help make a difference.

“If anyone wants to become a member of a patient participation group at their local GP practice, they should contact their practice directly.”

A national media campaign, with contributions from leading health stakeholders, will highlight the value of these ‘grass root’ groups and the important role they play in driving up the quality of care.

The week will come to an end at the NAPP annual national conference in Hampshire on June 24, this year entitled ‘Patients, Partnerships and Power’.

For more information about patient participation, visit the [NAPP website](#).

Get involved in a Summer of a lifetime...



OIN Blackburn Youth Zone this Summer as part of the NCS (National Citizen Service) Programme and be part of something amazing. The NCS programme involves:

Four week action packed programme

Taking part in two week long residential trips.

Taking part in a variety of outdoor activities such as abseiling, climbing, orienteering and much more ...

Developing confidence, skills, team building and gaining amazing life skills!

Having the opportunity to plan and deliver a Social Action project and make a difference.

Have a chance to meet new friends!

NCS helps young people build their confidence and gain new skills while having fun and giving back to their community – the best possible springboard for their future. Whether they're about to start sixth form or college, or preparing to enter the working world, signing up to NCS is one of the best decisions a teenager can make.

Limited places are available on NCS Programmes in the Blackburn and surrounding area, starting 10th July 2017.

To find out more:

Visit: <http://www.blackburnyz.org/ncs-summer-programme-coming-to-byz/>