Adult Social Care Information and Engagement Team
Briefing for user/carer groups and health networks
January 2019

Support for Surrey residents to lead a healthier life

How Are You?

Surrey County Council is supporting the latest One You campaign. The *How Are You?* campaign is encouraging 40 – 60 year olds to take a test about their health to find out what changes they could make to help them live longer. The test offers personalised information and advice from local services in Surrey. This includes reducing alcohol consumption and quitting smoking, to being more active and eating a balanced diet. Being healthy in middle age can double the chances of being healthy aged 70 and over.

Please encourage residents to visit the [Healthy Surrey website](http://healthy-surrey-site) to take the simple test and find a range of local services which can help Surrey residents live a healthy life.

Change4Life

The council is also supporting the latest Change4Life campaign, which is encouraging families to cut back on sugar by making a few simple swaps to their everyday food and drink. Too much sugar in a child's diet can have harmful effects on their health causing weight gain, and serious conditions in later life such as obesity, heart disease and type 2 diabetes.

Local residents are being encouraged to ‘make a swap when you next shop’ and sign up to the Change4Life campaign where they can find helpful tips, food swap ideas and also download the ‘Food Scanner’ app. Visit the [Healthy Surrey website](http://healthy-surrey-site) for more information and to find a range of local services which can help and support families concerned about their child’s weight.

Maternity transformation evaluation

Surrey Heartlands Health and Care Partnership has produced a survey which explores people’s views and experiences of maternity care, from antenatal through to postnatal care. It aims to capture important insights for the evaluation of transformation of maternity services in seven sites across England, including Surrey.

The survey can be downloaded by clicking [here](http://healthy-surrey-site) and should take no more than 10 minutes to complete. Feedback will help Surrey Heartlands understand the quality and effectiveness of maternity services in Surrey.
Surrey Coalition of Disabled People appoints a new Chief Executive

Clare Burgess has been appointed as Carol Pearson’s successor as Chief Executive of Surrey Coalition of Disabled People. Clare has formerly worked for Guide Dogs UK and for the Mary Frances Trust providing Community Connections and Safe Haven services, bringing a wealth of experience of working with disabled people.

Clare will take up the role on Monday 28th January and Carol Pearson will be formally leaving the organisation in mid-February.

Winter campaign urges residents to ‘Help Us Help You Know What To Do’

The latest phase of the national Public Health England winter campaign aims to raise awareness of the NHS 111 online service and increasing the number of people accessing the NHS 111 service, via phone or online, when they have an urgent, but non-life-threatening medical need, so that they can be directed to the most appropriate local service. The primary audience is all members of the public over the age of 16.

All agencies are encouraged to signpost to the right service to help ease seasonal pressure on NHS urgent care and emergency services. Click here for more information on NHS 111 Online.

The Royal Surrey Hospital wants to hear from you

The Royal Surrey Hospital is asking for help to improve how it communicates with patients and the public and would love to hear thoughts and ideas of residents. There are prizes to be won too. Take the short survey https://www.surveymonkey.co.uk/r/rschcomms2018 or have a look on Twitter and Facebook.

Young adult carers’ events

Hart and Rushmoor Young Carers, the Princess Royal Trust for Carers in Hampshire and North East Hampshire Clinical Commissioning Group are running two events for young people who help to look after someone who live in Aldershot, Farnborough, Fleet, Yateley and Farnham.

The events are aimed at young people between the ages of 16 to 24 – however, 15 year olds would also be welcome. There is no registration – anyone can just turn up to either of the events.

The purpose of the events is to listen to what young people who have caring responsibilities would like in the way of support. Based on their input a programme of activity will be developed.

Events will take place on:

**Monday 28 January 2019**
Hart House Coffee Shop, 335-337 Fleet Rd, Fleet GU51 3NT.

**Thursday 31 January 2019**
Farnborough College of Technology, Room 6 of the UCF building, Boundary Rd, Farnborough GU14 6SB.
Both events are from 6.30-8.30pm.

If you need any further information or need help with transport please call 01264 835246.

Join the conversation and help to shape health and adult social care services in Surrey Heath

The next Surrey Heath Clinical Commissioning Group public meeting will take place on Tuesday 15th January 2019 2pm - 4.30pm in the Camberley Theatre, Knoll Road, Camberley GU15 3SY.

Residents and partners can call 01276 707688 to register or book via Eventbrite.

Take someone on a trip down memory lane with new themed Reminiscence boxes

Have you heard about the Reminiscence Collection? Surrey libraries have a great service where you can borrow books, games, DVDs and more to help someone with dementia, memory loss or memory impairment.

Over the last year, Surrey libraries have been busy revamping the collection, making it more accessible and user friendly. There are now 10 new themed Reminiscence boxes that contain a variety of items relating to a specific theme such as the seaside, 1950s and more. Simply choose your box online and then pick it up from your local library.

To find out more, either visit the Reminiscence Collection webpage, speak with a member of staff at your local library or contact the library information service on 01483 543599 or email libraries@surreycc.gov.uk.

Surrey Minority Ethnic Forum (SMEF) celebrates 10 years

SMEF is planning a series of events and activities to celebrate its 10th anniversary.

Please save the date: Sunday the 24th March 2019 from 2-8pm at the Parkview Community Centre, Sheerwater, Woking. More details will be available on their new website.

New suicide prevention e-Learning and Staying safe website

There is a new suicide prevention e-learning We need to talk about suicide, which aims to help everyone feel more confident in having difficult conversations about self-harm. It has been specifically developed for the wider public health workforce, including voluntary sector, blue light services, prison staff and prison listener’s health and social care by Public Health England and Health Education England.

The Staying Safe website is a potentially life-saving resource, which provides vital ‘safety plan’ guidance tools jointly funded by NHS England, with easy to print/online templates and guidance video tutorials.
Ending variation in end of life care for minority groups

The Tackling Inequalities in End of Life Care for Minority Groups Voluntary, Community and Social Enterprise project group has published 'Care committed to me', a resource which tells the story of work in progress to improve personalised end of life care for Gypsies and Travellers, LGBT people and people experiencing homelessness.

The resource has been developed in response to CQC's 2016 report 'A different ending' and offers simple, effective approaches for success that can be adopted by providers, commissioners and those involved in caring for and supporting people living with advanced illness towards the end of their lives. The project was funded by the Health and Wellbeing Alliance, a partnership arrangement between NHS England, the Department of Health and Social Care, and Public Health England.

Surrey Community Action Funding fair 2019

Surrey Community Action is running a Funding Fair for voluntary and community organisations on Thursday 7 March 9.30am to 2pm at Christ Church, Jubilee Square in Woking. There will be a funding market place, presentations and workshops. You can book here.

New single point of access to mental health service from April 2019

Surrey and Borders Partnership NHS Foundation Trust is currently mobilising to launch a new single point of access for the mental health service in April 2019, which will include their crisis mental health helpline. It will provide quicker, smoother access to urgent mental health support in Surrey and north east Hampshire, especially during evenings and weekends, and will include:

- A free phone crisis helpline, available 24 hours
- One contact centre to receive and triage referrals for all our community adult mental health services
- A same day call-out for a home-based assessment in some instances
- Open to all – to individuals and carers as well as relevant professionals.

For more information about the proposals for the new service, please read their project newsletters.

Current open Surrey County Council consultations

Please click here for more information.