

What's happening in other counties?

Virtual wards in Devon



North Devon is helping to deliver better access to health care in rural areas by using the virtual wards concept. Virtual wards aim to target individuals at risk of hospital admissions. Using a special formula, which combines GP, hospital and social services data, patients are ranked for their risk of admission and proactively targeted.

Virtual wards use the systems, staffing and daily routine of a hospital ward to provide case management in the community. The virtual ward team share a common set of notes, meet or communicate daily and have their own ward clerk – but the ward is virtual in that patients are cared for

in their own home. The project has already proven successful, with a promising reduction in admissions and GP contacts for this high risk and vulnerable group. Contact: Dr Paul Lovell at paul.lovell@nhs.net

Pioneering dementia care-at-home project

A pioneering scheme has begun in Scotland which should lead to improved care services at home for people with dementia in remote and rural areas. Two local authorities – Orkney Islands and Scottish Borders have formed a partnership with the Centre for Rural Health and the Scottish Agricultural College in a £100,000 project to enable care workers to exchange skills and knowledge with academics. The 12 month project will pilot a range of knowledge-exchange activities such as seminars and study visits. The aim is to produce a 'state of the art' review of research and expert opinion on dementia care-at-home services and assess its relevance to rural and remote communities with the aim of promoting innovative services to support people with dementia and their carers. www.uhi.ac.uk

Village agents in Gloucestershire

Gloucestershire Village Agents bridge the gap between the local rural community and those statutory and voluntary organisations able to offer help or support. Village agents are recruited locally and trained to provide face-to-face information and support and enable individuals to make informed choices about their future needs. They have varied backgrounds but their common skill is to create individual solutions in response to individual's needs. Contact Lindsay Hudson at lindsay.hudson@gloucestershire.gov.uk



Holistic referral system - Lincolnshire

Lincolnshire First Contact system is a one-stop referral system that allows the over 60's to access a wide range of services and information to help them stay safe and well in their own home. It is delivered in partnership across statutory, voluntary and community organisations and run jointly by Age Concern and Lincolnshire County Council. First contact checklists not only help people access services they may otherwise have been unaware of but they also help partner agencies do their job more effectively. The data from the checklist is also used to inform service planning and commissioning. Contact:

www.ageconcernlincoln.co.uk/13.html

Engaging patients to shape provision of dental services - Torrington

To ensure that the local community has a voice to help shape their dental provision, Torrington Dental Practice, for the past two years, has organised and run an in-house Patients' Forum. The Forum comprises five patient representatives, various dental staff from the practice, a dental representative from North Devon LINK and a representative from the PCT. The Forum aims to identify patient needs and then seeks to work together to address them. For example, through the Forum the practice has helped establish a support group for phobic patients. Contact

www.torringtondental.co.uk



Wii in Lincolnshire

Young people in Lincolnshire are teaching older people how to use gaming technology (the Nintendo Wii console) to improve their sense of well-being and help them stay active and fit. Nintendo Wii and large screen TVs were installed in locations where older people are cared for, looked after and/or meet. Using the technology in which they are the experts encourages young people to develop and grow as active citizens and fosters intergenerational respect within communities. Contact: david.stacey@lincolnshire.gov.uk

Isolation and depression tackled - Devon



The Time for Life Consortium, part of the Devon Community Mentoring Service, provides services that address the isolation and depression of older people in rural areas. The scheme helps people to make new friends, learn and share experiences and get out and about in the local community. Mentors help people to gain confidence, find friends, improve health and achieve independence. They also run groups giving people access to a range of activities including gently exercise, crafts, gardening, sharing memories, learning computer skills and, less predictably perhaps, the enjoyment of interactive computer games.

Contact: www.ageconcerndevon.org.uk/tfl



Information and drop in centre – Norfolk

First Focus Fakenham is a voluntary, community based information and drop-in centre based in the market town of Fakenham, Norfolk. It provides a diverse range of user friendly, locally focussed and up-to-date information on welfare, health, benefits, social support and self-help issues for older people, people with physical or sensory disabilities and their carers, those who are socially excluded plus the wider community. It is funded primarily through Lottery Grants, with two paid co-ordinators plus a team of 14 volunteers, many of whom are older people or people with disabilities. First Focus has evolved into a community 'social centre' and is used on a regular basis as a drop-in or informal day support service. The support has been developed and driven by disabled people with support from Norfolk Adult Social Services. Contact: <http://www.firstfocus.org/>



Time banking in Lancashire



In the Lancashire village of Hornby residents have set up a time bank that helps support people with transport, shopping, safety at home and friendship. An increasing group of all ages share their skills and bank time credits which can be spent on a whole range of skills and opportunities, including car sharing and computer skills, within the local community. Older people often take advantage of dog walking services for example which enable them to keep their close companions at home with time. The time bank is hosted by Lancaster Volunteer Bureau at very low costs. Contact Donna Studholme at donnas@loc.helpdirectlancs.org.uk



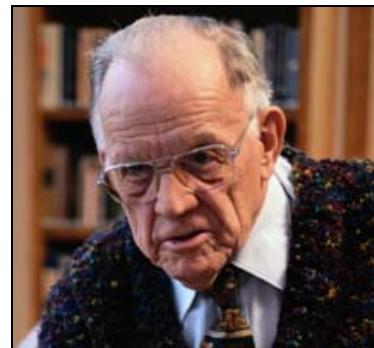
Walking your way to health - Cairngorms

Patients will be referred from clinicians and other targeted adults will be encouraged to take part in a walking to health scheme, led by trained volunteers. The walking activity, which will utilise the natural heritage of Upper Deeside, will be geared towards participants recovering from illness, stroke, operations or as an additional treatment for obesity and blood pressure and will form part of their agreed individual recovery or general health improvement plan. For more information go to: <http://www.westlothian.com>



Supporting people with long term conditions in Cornwall

Cornwall is one of 3 national evaluation sites for the demonstration of the whole system approach to supporting people with long term conditions (LTC). The demonstrator will be evaluated over two years and will test the benefits of both telehealth and telecare. Telehealth allows patients with LTC to be monitored from home. Patients send in biometric readings such as blood pressure, blood glucose and/or weight to a simple user friendly device which automatically sends the information to a clinician for review. Based on these readings cases are prioritized. Those



deemed a high priority are visited or called by the community matron and others with a lower priority are reviewed. Telecare devices are used for people who are frail, at risk of falling or have dementia. These monitor any unusual activity and alert carers or a call centre if a problem is detected. Contact Andrew Forrest at andrew.forest@cornwall.nhs.uk



Sexual health clinic for young people in Penrith

Eden Rural Foyer, part of Impact Housing Association, is located in Penrith, Cumbria. The foyer has 15 self-contained units for young people aged 16- 25 with a connection to the Eden valley that also have a housing and support need. The Foyer has an ethos of inclusive provision, so rather than taking the young people who require support out of the community they bring the community to them.

The Foyer currently hosts a sexual health clinic that is open to the public. This service originated with concerns from the commissioners of Sexual Health Services that young people were not accessing the existing hospital based services.

There was a drive to extend services into the community and a particular focus on young people. The foyer carried out consultation with young people, both foyer residents and other local young people, and identified that they were not accessing services and that their understanding of the issues was inadequate. This enabled them to bid to the PCT for funding to set up a service.

Contact: <http://www.impacthousing.org.uk/>



HOSC

East Sussex County Council:

Cllr Sylvia Tidy - Chairman
Cllr David Rogers OBE - Vice Chairman
Cllr Carolyn Heaps
Cllr Philip Howson
Cllr Ruth O'Keeffe
Cllr Peter Pragnell
Cllr Barry Taylor

Eastbourne Borough Council

Cllr Alex Hough

Hastings Borough Council

Cllr Eve Martin

Lewes District Council

Cllr Carolyn Lambert

Rother District Council
Cllr Angharad Davies

Wealden District Council

Cllr Diane Phillips

Voluntary services' representatives:

Mr Dave Rogers,
Chair, Hastings and Rother Social Care Forum
1 vacancy

East Sussex Local Involvement Network (LINK) representative:

Ms Janet Colvert
Chair LINK Core Group

HOSC website: www.eastsussexhealth.org

Telephone: 01273 481581

East Sussex Health Overview and Scrutiny Committee (HOSC) is managed by East Sussex County Council and works in partnership with Eastbourne Borough Council, Hastings Borough Council, Lewes District Council, Rother District Council and Wealden District Council

