

Dear all,

Please find information below on:-

- [An Opportunity To Get Involved! - Development Day to be held on Tuesday 25 October 2016](#)
- [Vision Group Leader Training – Thursday 29 September 2016](#)
- [Lifefacks - a new Somerset resource to promote young people's mental health](#)
- [Information Day for Dementia Action Alliance – Wednesday 12 October 2016](#)
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- [The Diversity Trust – Influencing Social Change](#) [LGBT+ Health Research Report](#)
- [CQC review that explores the quality of care for people with diabetes in England](#)
- [Government survey on Education, Health and Care \(EHC\) plans](#)
- [Men's Sheds Advisor - closing date Sunday 25 September 2016, interviews Friday 30 September 2016](#)

Useful website links:

- www.carersvoicesomerset.co.uk
- <https://www.nhscitizen.org.uk/>
- <http://www.cqc.org.uk/content/get-our-newsletter>
- www.cqc.org.uk
- www.somersetparentcarerforum.org.uk
- <http://healthwatchesomerset.co.uk/>

Please share this with colleagues who may be interested in being added to the circulation list to receive the bulletin regularly. Please contact me on susan.lilley@somersetccg.nhs.uk if you have any information you would like added to future PPG bulletins.

Kind regards

Sue Lilley

Interim Patient, Public Experience and Engagement Coordinator

Somerset Clinical Commissioning Group | *Working together to Improve health and wellbeing*

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Subject: An Opportunity To Get Involved! - Development Day to be held on Tuesday 25 October 2016

Somerset CCG is keen to encourage and enable a wide range of people to get involved in our work. We already benefit from the participation of lay users, Healthwatch volunteers, voluntary and community sector colleagues, and patient participation groups. We would now like to extend an invitation to people in the wider community to come and find out more about the NHS and consider whether they, too, would like to engage with us to inform and

influence the commissioning of health services. [An Opportunity To Get Involved - Development Day on Tuesday 25 October 2016](#)

We will be holding a development day for interested members of the public on 25th October, from 10:00 to 4:00, at Wynford House, Lufton Way, Yeovil BA22 8HR. This will be an opportunity to hear an explanation of how the NHS works, what the big issues are, and how patients and the public can make a difference. There will also be workshops exploring the different ways in which people can get involved, for example, as local representatives of their communities, as part of a team monitoring the quality of services, by giving an individual patient perspective. Anyone interested in attending on 25th October should contact Sue Lilley on 01935 385020 or at susan.lilley@somersetccg.nhs.uk

Please pass this invitation to your patients, carers, friends, family members and colleagues or anyone in your community who might be interested in finding out more.

Subject: Vision Group Leader Training – Thursday 29th September 2016

Who is this training for? Anyone who might be interested in becoming a Vision Group Leader. [Poster - Vision Group Training Workshop](#) [Training Request Form - Vision Group Leader](#)

What are Vision Groups? Vision Groups provide the opportunity for Carers to contribute to the monitoring of “*Somerset’s Commitment to Carers*”. Through these groups Carers will periodically tell us what has changed or not changed within their locality. Carers will also tell us which services have improved and what might still need to improve. Carers may also share with us their ideas and provide real examples that can help us to continually improve. We are aware that due to the demands of caring roles it is not always practical for carers to attend meetings. We also know that some carers may find speaking out in large groups difficult. Vision Groups provide a variety of ways for carers to have their say.

Why is it important for Carers to have their say? In the current financial climate it is vital that we support unpaid carers, as we know that they reduce pressure on an already stretched health and social care system. To improve the lives of unpaid Carers in Somerset we need Carers to be at the heart of all that we think, say and do, in relation to the planning and development of their services. We need to involve Carers from the very start and on a continuous basis, in order that we meet their needs now and into the future.

Deborah de Mornay Penny (Debbie) Carers’ Voice Somerset – Project
Officer DPenny@somerset.gov.uk **07818 523487**

Subject: LifeHacks - a new Somerset resource to promote young people's mental health

As part of Public Health’s commitment to promoting the emotional health and wellbeing of children and young people in Somerset, please find attached a link to a new web based resource, entitled **LifeHacks**. <http://www.cypsomersethea.org/lifehacks> LifeHacks are a series of practical tips and ideas, developed by young people, to help promote and support young people to look after their own, and their friends, mental health.

- [Little Book of Mental Health LifeHacks](#) packed with ideas and links to support your own mental health and includes true stories from people who've tried them out.
- [Little Book of Mental Health LifeHacks to support a friend](#) packed with ideas and links to support your friends' mental health and includes true stories from friends who've tried them out.
- **Posters and Postcards** - To help get the message out about this great resource, we've made a series of helpful A3 and A4 posters and a postcard too. Examples are on the website. These can be downloaded or print copies ordered from Cait Handsford CHandsford@somerset.gov.uk

Louise Finnis - Health Promotion Manager – Mental Health
Tel: 01823 357 252 Mobile: 07914 614 838 Email: lfinnis@somerset.gov.uk

Subject: Information Day for Dementia Action Alliance – 12 October 2016

Dementia Action Alliance is putting on an Information Day on 12 October 2016. Please contact John on john@bridgwaterdaa.org for further information
[Information Day for Dementia Action Alliance - 12 October 2016](#)

Subject: Accessible Information Standard: online support group launched

The Patient Information Forum, supported by NHS England, [has launched a new online group](#) to help organisations to follow the [Accessible Information Standard](#). The group is free to join, and is for anyone involved in implementing the Accessible Information Standard or producing and providing accessible health and care information. The online group will help users to keep up to date with NHS England guidance, support and events, share accessible information resources and guidance, take part in discussions and access best practice support on accessible information.

Subject: 2016 Coming Out survey

It's that time again. Thank you in advance for sharing our 2016 'Coming Out' Survey amongst your network. Please feel free to circulate to any young people (aged 13-25) in Somerset who would be interested in completing this survey. <https://www.surveymonkey.co.uk/r/D3PB5XT>

Lisa Snowdon-Carr www.2bu-somerset.co.uk

Subject: The Diversity Trust – Influencing Social Change LGBT+ Health Research Report

We have launched our latest LGBT+ health research report. The report called 'Evidence for Change' is published in partnership with the local Healthwatch. The report brings together two years of work including a health needs assessment, evaluation of a training programme,

recommendations, pledges from health professionals and a case study on impact. [To read the report click here](#)

Berkeley Wilde - Director of the Diversity Trust

Subject: CQC review that explores the quality of care for people with diabetes in England

<http://www.cqc.org.uk/content/my-diabetes-my-care-community-diabetes-care-review>

'My diabetes, my care', highlights that – despite a mostly good picture of care overall – the provision of care and support to help people successfully self-manage their condition is not always flexible and responsive enough to meet individual needs. CQC talked to people with Type 1 and Type 2 diabetes aged between 18 and 65 about their experiences as well as with commissioners, providers and staff across the country about how community diabetes care is delivered.

Subject: Government survey on Education, Health and Care (EHC) plans

The Department for Education (DfE) is carrying out a survey of the experiences of [children and young people with special education needs and disabilities](#) (SEND) in the Education Health and Care (EHC) plan process. Results from each local area in England will help DfE, local authorities, NHS England, and CCGs make improvements to the system. The survey will go out to parents, carers and young people with EHC plans put in place in 2015. It can be completed by web, post or phone, and runs until October 2016. Please raise awareness by sharing the [information and FAQs](#) available on the DfE website.

Subject: Men's Sheds Advisor

This is a truly rewarding job. The post-holder will be advising and enabling people to start a Men's Shed and deal with the management issues once open with the potential to improve the lives of thousands more men. Full background is elsewhere on this website. Training with the existing postholder in Frome, Somerset will be essential. We need someone to respond to the enquiries we receive by email mostly from people thinking of starting a Shed or who are already part of a Shed group. The work also involves maintaining our records in three databases and using that information as required.

If needed enquiries can be made of Anne Oxley, Director of Services to whom completed applications are to be sent at dos@menssheds.org.uk 07933 954061. The closing date is midnight on 25th September 2016, interviews on September 30th.
<http://menssheds.org.uk/2016/09/mens-shed-advisor-vacancy/>