

Dear all,

Please find information below on:-

- **Workshop Specifically Designed For Patients And The Public - 22 March 2017**
- **Falls Awareness Course – 8 May 2017**
- **Village Agent Vacancies - closing dates 15 and 16 March 2017**
- **Sound Foundation Community Care – Grants**
- **New short film explaining Sustainability and Transformation Plans (STPs)**
  
- **Useful website links:**
  - [www.carersvoicesomerset.co.uk](http://www.carersvoicesomerset.co.uk)
  - <https://www.england.nhs.uk/tag/nhs-citizen/>
  - <http://www.cqc.org.uk/content/get-our-newsletter>
  - [www.cqc.org.uk](http://www.cqc.org.uk)
  - [www.somersetparentcarerforum.org.uk](http://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](mailto:susan.lilley@somersetccg.nhs.uk) if you have any information you would like added to future PPG bulletins.

Kind regards

Sue Lilley

**Patient, Public Experience and Engagement Coordinator**

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

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**Subject: Workshop Specifically Designed For Patients And The Public - 22 March 2017**

The National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care (CLAHRC) South West Peninsula - or PenCLAHRC will be running a 1 day evidence based practice workshop in Exeter on the 22<sup>nd</sup> March. There are a number of patient and public involvement spaces available at this workshop, and would like to offer a space to someone in your projects, who you think this might be relevant and useful for. This workshop has been designed specifically for patients and the public and will offer an introduction to evidence based medicine, critical appraisal of evidence

and evidence searching/retrieval. In the past people who are involved in research projects as patient advisors have found these one day workshops valuable and stimulating and they have come away with skills that are applicable to the projects they are involved in.

The workshop will run from 9:45 – 15:30 at Buckrell Lodge, Exeter. Please email Emma Cockcroft for further details [E.J.Cockcroft@exeter.ac.uk](mailto:E.J.Cockcroft@exeter.ac.uk)

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## **Subject: Falls Awareness Course – 8 May 2017**

The aim of this **FREE** ½ day course for organisations supporting people living in the community is to increase awareness of what contributes to falls, how we can help avoid them and ways to support others to stay active and independent.

- Find out why people fall and changes to our bodies as we get older
- Hazards which may lead to a fall
- Osteoporosis and fractures
- Fear of falling
- Benefits of being physically active
- Remaining active and staying independent
- Information and support options available in Somerset

A Falls Awareness course being held on Monday 8th May 2017 at Somerset CCG, Wynford House, Lufton Way, Yeovil, BA22 8HR. This ½ day course is free to attend and is for organisations supporting people living in the community is to increase awareness of what contributes to falls, how we can help avoid them and ways to support others to stay active and independent.

and runs from 9.30-12.45 (arrival from 9.15) tea/coffee provided, and is suitable for those with little or no knowledge of falls issues and for organisations supporting people in community settings (not residential care settings).

To register for a place please complete and return the form by email (or post) to Cait [chandsford@somerset.gov.uk](mailto:chandsford@somerset.gov.uk) by 25th April – returning the form does not guarantee a place, notification is sent by email at a later date.

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**Subject: Village Agent Vacancies**

Village Agent for South Petherton (12 hours):

<http://somerstrcc.org.uk/recruitment/villageagents/>

Closing date Thursday 16 March 2017

Village Agent for Wiveliscombe and surrounding areas (35 hours):

<http://somerstrcc.org.uk/recruitment/villageagents2/>

Closing date Wednesday 15 March 2017

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**Subject: Sound Foundation Community Care - Grants**

Too hot? Too cold? Need something to make your office or ward more comfortable or to help you look after yourself / colleagues / patients or families?

Sound Foundation Community Care is based in Somerset, and offers small grants by way of donating equipment or something useful that supports the wellbeing of patients, clients, or staff. In the past SFCC have donated new office chairs, fans, anything that might support self-care for staff! They have also donated games/books, a DVD player, a television and DVDs for patients. They have donated equipment to schools too. If you felt there was something that would support your team/clients, then do contact them – they are happy to chat!

There are no strings attached! Sound Foundation Community Care is a charity dedicated to supporting sound health and wellbeing both in our local community and beyond to the UK

nationally. <http://soundfoundationcommunitycare.com/>

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**Subject: New short film explains Sustainability and Transformation Plans (STPs)**

NHS England has created a [short animation](#) to help describe Sustainability Transformation Plans (STPs). It clearly and simply explains what these local proposals for health and social care aim to do. Since its creation in 1948, the NHS has constantly adapted and must continue to do so as the world and our health needs change. STPs aim to make common-sense improvements in areas that matter to people, like

making it easier to see a GP, speeding up cancer diagnosis and offering faster help to people with mental ill health.

To find out more about Somerset's Sustainability and Transformation Plan and to view a copy of the full plan or summary version, [visit Somerset CCG's website](#)