

PATIENT ENGAGEMENT WEEKLY BULLETIN

Dear all,

Part II of this week's bulletin includes items on:-

- **One in five people over 75 suffer from sight loss - Do you have sight loss and need additional help?**
- **Common Outcomes Framework for Social Prescribing**
- **Shaftesbury, Gillingham, SW Wilts and Somerset SRG Newsletter**
- **STOMP Everyone working together to stop the over use of psychotropic medicines and to improve people's quality of life**
- **Naturally Healthy Month 2018**

- **Useful website links:**

- www.carersvoicesomerset.co.uk
- <https://www.england.nhs.uk/participation/get-involved/how/nhs-citizen>
- <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 receiving this regularly.

Please contact me on susan.lilley@nhs.net if you have any information you would like added to future bulletins.

Kind regards,

Sue Lilley

Patient, Public and Carer Involvement Co-ordinator

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

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Subject : One in five people over 75 suffer from sight loss

Do you have sight loss and need additional help?

Somerset Sight is your local independent sight loss charity and offers lifelong support for people of all ages with sight loss. Our services, available to all, are designed for and with people who are visually impaired, span the county. Our support is designed to enable people to remain independent, to make the best use of their remaining sight and to continue to do the things they enjoy, despite the challenges.

Many people with sight loss become lonely and isolated and find everyday tasks challenging. We have a:-

- Volunteer Visiting Service which matches a fully trained and sympathetic volunteer to befriend and provide help with correspondence, trips out, exercise and socialising.

- Mobile Advisory Service which travels to more than 40 destinations, offering low vision assessments, specialist advice on lighting, magnifiers, IT support, talking kitchen gadgets and gizmos and introduction to other local services available. Details of visits available online or in the magazine
- Taunton Resource Centre
- Emotional Support – immediate support - including carers or family
- Living with Sight Loss courses 5 x per year – designed for newly diagnosed so they are informed of services available and how to access. Confidence building and peer support by meeting others in the same situation and supporting each other, sharing hints and tips.
- Activities for children and young people including bowling, farm trips, carriage driving, abseiling and other activities.
- Parent support group
- Activities for working age including canoeing, acoustic rifle shooting, craft, music, guitar lessons, tandem bike riding and more
- Socials for older members to meet monthly.
- agents for BWFB and offer a talking book service .

Please contact Somerset Sight on 01823 333818 or Heidi@somersetsight.org.uk if you need assistance, would like to know more us, need literature, or would like to receive our magazine which will keep you updated on the Mobile Advisory Service visits and provide useful information for people with sight loss.

Subject: Common Outcomes Framework for Social Prescribing

NHS England has worked with stakeholders to co-produce a Common Outcomes Framework for social prescribing and as a member of the growing social prescribing movement, we want your views!

We are particularly interested in ensuring that the framework is fit for purpose for all services involved in social prescribing and we want to know what challenges there may be in measuring the suggested outcomes and Key Performance Indicators (KPIs).

Please submit your feedback on the draft attached to england.socialprescribing@nhs.net by **16th May 2018**. Feedback will be gathered, analysed and factored into the finalised document.

Social Prescribing Team – NHS England

Subject : Shaftesbury, Gillingham, SW Wilts and Somerset SRG Newsletter

Please find attached the above newsletter which will be of interest to the patients using the services of Dorset NHS.

Subject : STOMP Everyone working together to stop the over use of psychotropic medicines and to improve people's quality of life

The Prescribing and Medicines Management Committee are sharing the attached leaflet with an aim to promote patient awareness of the national campaign to stop the overuse of psychotropic medicines in people with learning disabilities.

**Catherine Henley | Medicines Manager| Medicines Management
Somerset Clinical Commissioning Group |**

Email: catherine.henley1@nhs.net

Subject : Naturally Healthy Month 2018

It's finally time to reveal the events listing for this year's Naturally Healthy Month, which takes place throughout Somerset across the whole of May. With over a **hundred events** taking place (the vast majority of which are **free**) across all five districts of Somerset there is something for everybody.

Events already confirmed include; nature walks, practical conservation tasks, mindfulness sessions, yoga, Nordic walking, geocaching, heritage walks, butterfly walks, beach days, fossil hunting, buggy walks, discovery days and dawn chorus walks. For a full list of events, as well as district specific lists, click on the links below.

Full Programme of Events

Mendip

Sedgemoor

South Somerset

Taunton Deane

West Somerset

Please support us by talking about events and sharing photographs on Social Media tagging **#stepoutside** and **#LetNatureNurture**. Getting out into the natural world is good fun and great for our health. Our Naturally Healthy campaign is about inspiring us all to get outside and enjoy Somerset's amazing natural environment. Active Devon and Public Health in Somerset will be coordinating a Naturally Healthy Campaign on behalf of the Devon and Somerset Local Nature Partnership's. Building on the success of Devon's previous campaigns, Somerset will be joining in with the activities this year.

We are releasing a series of films to promote the AONB's Nature and Wellbeing project in Somerset. The aims of the films are to spread the word about the benefits of being outside and engaged with our natural landscape. We have 5 short films in total which we are releasing ahead of Naturally Healthy Month (<http://slnp.org.uk/news/naturally-healthy-month-may-2018/>)

and our final film which we will release on the 1st May. The short films are to inspire people to take a look at what is available to them, as well as sharing individuals' experiences of the project's impact on their wellbeing.

Here are the links to the short films so far:

<https://www.youtube.com/watch?v=mCXGD7bxEMQ>

https://www.youtube.com/watch?v=RztkkwT_wKk&t=1s

<https://www.youtube.com/watch?v=nCegNg6ztrA>

<https://www.youtube.com/watch?v=JPXWtRBbDRk>

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