LAUNCH OF FIT CAMP 2010

A group of youngsters from Rotherham will be spending their summer holidays at the residential weight management camp as part of an innovative programme funded by NHS Rotherham. As part of Rotherham’s obesity strategy, 31 youngsters from the borough have been selected to attend the five week Carnegie International Camp, which is run by leading childhood obesity experts Carnegie Weight Management (CWM), based at Leeds Metropolitan University.

The camp, which is designed for children aged 8 – 17 years who struggle with their weight, is a pioneering weight loss programme with a proven track record of supporting children and families to lose weight and maintain weight loss, improve diet and fitness, increase confidence and have fun meeting new friends at the same time.

This is the third year NHS Rotherham has funded places on the Camp. In the last two years 91 children have attended and lost a tremendous 83 stone between them. They all also improved aerobic fitness, completing a two mile run nearly seven minutes faster in week six than week one, as well as raising their self-confidence and self-esteem.

Campers went on to attend the Carnegie Clubs programme in Rotherham, a 12-week weight loss community programme for children and their families. Campers have continued to lose weight with the majority of them also starting new activities of their own and joining clubs such as Rotherham Harriers.

NHS Rotherham Public Health Specialist Gill Harrison, said: “Tackling childhood obesity is a major priority for NHS Rotherham, which is why we have invested heavily to begin to tackle this very serious problem. Obesity is our most serious long-term health challenge and with one in three children in Rotherham classified as overweight or obese, if we do not succeed in reversing the growing tide of obesity amongst children and adults, by 2050, three fifths of Rotherham people are likely to be obese. The consequences for their health, and for the NHS, are extreme”.

One in three children and 60% of the adult population in Rotherham are classified as overweight or obese. NHS Rotherham is investing £3.5 million over three years (2008-2011) into their obesity strategy. NHS Rotherham’s obesity strategy was recognised nationally in 2009 after winning the award for Excellence in Commissioning at the prestigious NHS Health and Social Care awards in London.

As part of this programme, local provider, DC Leisure is delivering Carnegie Clubs – weight management for kids. Carnegie Clubs are aimed at young people aged between 8-17, who are overweight, and their families, and are FREE to those registered with a Rotherham GP.

The 12-week programme takes the same approach as the Carnegie International Camp, offering a practical and realistic approach to weight loss, whilst having lots of fun! Carnegie Clubs encourage making small sustainable changes to everyday lifestyles to lose and maintain weight loss, and include lots of physical activity and lifestyle and social activity sessions. Graduates from the course will be encouraged to continue their healthy lifestyle and will be given opportunities to participate in further activities within Rotherham.

Rotherham Leisure Complex, Maltby Leisure Centre and Aston-cum-Aughton Leisure Centre has places available after school and at weekends from September 2010. A parent/guardian is encouraged to attend the weekly sessions to help support their child’s weight management.

Natalie Dunn, Healthy Living Programme Manager, at DC Leisure, said: “We are really pleased to be working with NHS Rotherham on this programme. The kids and the families that we see are making positive changes to their lifestyles.”

For more information about Carnegie Clubs or to register your interest contact Natalie Dunn, Rotherham Leisure Complex 01709 722555.
Our Health Trainer service has been recognised as one of the top ten Health Trainer services in the country for helping people achieve their healthy lifestyle goals.

In 2009, Rotherham Health Trainers helped 400 local residents achieve their personal health goals, leading to the service achieving one of the highest average number of personal health plans per health trainer in the country. This is a significant achievement as these personal health plans help and motivate local people to make real changes to their lifestyles.

Health trainers help people develop an individual health plan, and then support and encourage them to make a positive lifestyle change. People can access the service for a range of issues including weight management, healthy eating, increasing their physical activity, reducing stress or stopping smoking. Clients decide what goals they want to achieve and the health trainers’ support and motivate them to make the change.

The free and confidential service has ten health trainers who are based at over half of Rotherham’s GP surgeries and also meet clients at a range of community venues. You can be referred by your GP or a health professional, or refer yourself by calling 01709 302747.

The National Health Trainer Data Collection Team monitored health trainer data nationally and named Rotherham as one of the top ten areas for helping people achieve their personal health plans.

Rotherham’s health trainers – one of the country’s top ten services.
CARERS DVD

A new DVD for carers was launched at Oak House as part of Carers Week in June to inform carers of the support available to them.

The first DVD in a planned series of short films has been produced by NHS Rotherham, in partnership with carers and supporting organisations, to encourage carers to access help, information and support.

The theme of the DVDs is the ‘identification and support to carers’. Carers face financial, emotional and physical strains and pressures every day but incredibly many carers still don’t know about the help and support that is available. This first section, launched during Carers Week, aims at encouraging people to identify themselves as carers. The other DVDs in the series will be around support, services available and young carers. The films will each be around four to seven minutes long and will be individually released over the next few months.

It is planned to use the films in GP and health centre waiting areas, as well as Council premises.

FREE VITAMINS FOR PREGNANT WOMEN

Pregnant women in Rotherham can now get free vitamins from most local pharmacies as part of the government’s Healthy Start scheme.

Healthy Start aims to improve nutrition among low income families. Pregnant women and women with children under four years, who receive one or more benefits, are entitled to the scheme which includes a healthy start voucher, to be used to buy milk or fresh fruit and vegetables and vitamin vouchers for pregnant women and their children.

NHS Rotherham supplies women’s vitamins through local pharmacies and children’s vitamins through the health visiting service. The women’s vitamin voucher gives women vitamins C, D and Folic Acid from ten weeks in pregnancy through to the child’s first birthday. Vitamins A, C and D are also given to children from six months to four years.

Anna Jones, Public Health Specialist from NHS Rotherham said: “The Healthy Start scheme has proved popular in Rotherham with many pregnant women signing up for their healthy start vitamins. You can get the vitamins you need if you eat healthy foods. However, pregnant and breastfeeding women may not get enough vitamin D or folic acid which may harm their baby. Also, young children may not get enough vitamin A, C and D from their food.”

IMPROVING END OF LIFE CARE

A major training programme with local care homes and GP surgeries is being undertaken as part of our commitment to improving end of life care services in Rotherham.

The Gold Standards Framework (GSF) is a national initiative to improve the quality of care provided for care home residents as well as improving collaboration with GPs, and other health specialists. This will make sure people live well until the end of life whatever their age or illness and will help reduce the number of people dying in hospital, allowing more people to choose to die at home, if that is their wish.

Care homes will be able to individually plan end of life care for each resident and staff will be trained to discuss the difficult subject of death with patients.

The programme has been developed in response to our end of life care consultation last year.
People living in and around Aston will have better access to health and council services following the opening of a brand new state-of-the-art facility.

The Aston Joint Service Centre is home to the Swallownest Health Centre GP Practice, which currently looks after over 15,000 patients, and also provides a base for Rotherham Community Health Services.

Local people can get appointments for health services such as physiotherapy, health visiting, community nursing, speech and language therapy and community dental services. A Lloyds Pharmacy has also opened on site.

Visitors to the centre also have access to Rotherham Borough Council services including housing benefits, council tax and Streetpride and be able to pay their council tax, rent, parking fines and Yorkshire Water bills.

Emma Royle, Aston Joint Service Centre Project Lead for NHS Rotherham, said: “This new facility is really exciting for people living in the Aston area. We are taking health and council services and putting them into the heart of the community, providing improved access and facilities for local residents.

The building really will become a hub for the community. Residents will be able to see their GP, pick up a prescription from the pharmacy, visit the library and pay their Council Tax and receive benefits advice all in one visit.”

The annual NVQ Award ceremony took place recently to celebrate the successful completion of NVQ programmes by support staff between May 2009 and April 2010.

The awards were presented during Adult Learners Week in May and was attended by course leaders and tutors from Rotherham colleges who have helped and supported our learners to achieve qualifications in Business Administration levels 2, 3 and 4 and Health/Health and Social Care level 3.

Congratulations to Callum Anderson, Elizabeth Wilson, Rebecca Stevens and Sheri Marshall, who have successfully completed their NVQ level 2 in Business Administration and were presented their certificates by NHS Rotherham Chairman, Alan Tolhurst.
CASH AVAILABLE FOR COMMUNITY PROJECTS

Unsung heroes working to help local communities are set for a cash boost thanks to a new partnership between NHS Rotherham and the South Yorkshire Community Foundation.

The ‘Healthy Rotherham’ grant campaign will provide much needed assistance to the area’s volunteer led projects, with grants of up to £5,000 available for those making a difference in their area.

The funding has been made available through SYCF’s Grassroots Grants programme that offers grants to community groups throughout Rotherham, and a bumper pot has been made available for the ‘Healthy Rotherham’ Campaign.

Pauline Grice, chief executive of SYCF, said: “We are absolutely delighted to have teamed up with Rotherham PCT for this fantastic grant campaign.

“Many community groups and projects in the area are having a massively positive impact on NHS Rotherham’s priorities, and we’re confident that through the ‘Healthy Rotherham’ campaign we can help them with the great work being done.”

Potential applicants can apply for amounts of between £250 and £700 using a fast track form, or up to £5000 using more detailed full application form. Groups must be volunteer led, be fully constituted and have an average annual turnover from the last three years of less than £30,000 pa.

To apply visit: www.sycf.org.uk/grant_campaigns or call 0114 2424857 for more information.
People with learning disabilities in Rotherham are benefiting from a range of new and extended services that have been introduced in Rotherham over the last year.

Everyone with a learning disability now has access to an annual health check with their GP and GP and hospital records have been marked (with the person’s permission) so that patients can be easily identified and arrangements can be made to provide them with extra support when they come for appointments or need to go into hospital.

Information is also being provided for people with learning disabilities and for family carers in a way that they can understand for example ‘easy-read’ leaflets with pictures and on DVD.

Learning disability awareness training has taken place with over 350 front line health care staff, including GP practice, hospital and community health service staff.

A DVD has been commissioned, with the help of Macmillan Cancer Trust to help people with learning disabilities in choices for end of life care and a new Hospital Communication Book has been developed for health professionals.

Rotherham is leading the way in improving health standards in childcare, with the launch of a new accreditation designed and implemented by NHS Rotherham.

Coleridge Children’s Centre is the first early years setting in the country to receive the accreditation, which aims to ensure that the promotion of health, learning and well being are a key part of a child’s development from birth onwards to ensure every child is given the very best start in life.

This has involved undertaking a series of training and development workshops to help develop and implement the scheme.

Training has included safe sleeping and reducing the risk of Sudden infant Death Syndrome, smokefree homes, domestic abuse, breastfeeding and oral health promotion. Healthy Foundations also supports, and is likely to help, early years’ settings to achieve the new OFSTED standards required for children’s centres.

Accreditation is valid for three years, during which time annual evidence must be submitted to show all Healthy Foundations standards are being maintained.

Healthy Foundations is now being rolled out to all early years’ settings in Rotherham. The launch and sign-up event will take place on 30th June at Rockingham Professional Development Centre. So far over 60 settings have signed up to attend.

For more information on the scheme contact Tracy Moore (Health Promotion Specialist) on 01709 302080.

It is the first accreditation scheme for children’s centres, private nurseries, day care and child minders in the Yorkshire and Humber region and is also the only scheme nationally to include child minders. It has been developed in partnership between NHS Rotherham and Rotherham Council’s Early Years Team and has involved variety of early years settings and key stakeholders has been developed

Coleridge Children’s Centre recently achieved the accreditation after taking part in the pilot scheme with ten other settings who have been working since last September to achieve Healthy Foundations.
Work in Rotherham to highlight heart failure has been celebrated as good practice by a European heart specialist organisation following the first ever Heart Failure Awareness Day in Rotherham.

The European Society of Cardiology recognised the efforts of staff within Rotherham Community Health Services at a recent conference in Berlin, which aimed to increase awareness of heart failure and encourage people to seek early diagnosis and treatment to better manage their condition.

Heart failure is when the heart fails to pump blood and oxygen around the body. The main cause of heart failure is damage to the heart muscle, due to a heart attack and/or high blood pressure.

Heart failure is a growing, common condition affecting more and more people each year, as the ageing population grows. Due to advances in treatment after heart attacks more people now survive these events, but go on to suffer from heart failure. It predominately affects those over the age of 75 and over 2000 people in Rotherham are known to have the condition.

The Heart Failure Team at Rotherham Community Health Services have developed a range of initiatives to highlight the symptoms of heart failure to help people better understand the condition and encourage them to seek advice from their GP if they were concerned about any symptoms they have.

Apart from having heart experts on hand during the awareness day, one of the key initiatives has been to introduce a ‘four step plan’ with key questions to help people identify any unexplained symptoms of heart disease they may have. People can access the ‘four step plan’ and further information on heart failure at http://www.rotherham.nhs.uk/health/Heart-health.htm or for more general information visit www.heartfailurematters.org
British band Scouting for Girls will be performing live at Doncaster Racecourse after the racing on Saturday 14th August. Doncaster Racecourse have kindly donated two Premier Suite tickets for this month’s quiz. To be in with a chance of winning all you have to do is email the answer to the question below along with your full name and postal address and quote ‘NHS Rotherham Health Works Quiz’ to whatson@doncaster-racecourse.co.uk.

1. What is the name of Scouting for Girls most recent number 1 hit?

Closing date for this competition is Wednesday 4th July

For a full listing of events at Doncaster Racecourse please visit www.doncaster-racecourse.co.uk

Name: .................................................................
Job: ........................................................................
Title: ............................................................ Tel: ......
Workbase: ..............................................................


WELCOME TO
Janet Browse Revalidation Pathfinder Project Lead, Public Health
Debra Carlin Health Visitor, RCHS
Julie Carter Phlebotomist, RCHS
Mandy Cater Staff Nurse, Rotherham Hospice
Rosie Crofts Clerical Assistant, RCHS
Deborah Drury Safeguarding Adults Lead Nurse, RCHS
Debra Gingell Nursing Assistant, CARATs
Julie Hogarth School Nurse, Children’s Services
David Jenkins Community Nurse, Primary Care Mental Health
Charlotte Kendray Support Worker, BreathingSpace
Yasmin Knowles Child Mental Health Practitioner
Kirsty Leahy Continuing Healthcare and Mental Health Coordinator
Michael Lomax Health Visitor, RCHS
Colin Lynch Knowledge Management Specialist, Public Health
Hannah McCormack Nursing Assistant, Cranworth Close
Rachel Morgan Health Visitor, RCHS
Frances Morley Fundraising Officer, Rotherham Hospice
Kelly Parker Nursing Assistant, Cranworth Residential Care Home
Susan Smith Clinical Support Worker, RCHS
Cerise Stubings Community Staff Nurse, RCHS
Keely Swinson Specialist Respiratory Nurse, PLD Badsey Moor Lane
Daniel Taylor Lottery Canvasser, Rotherham Hospice
Kerry Usher School Nurse, Children’s Services
Keeley Winfield Domestic Assistant, Howarth House

GOODBYE & GOODLUCK TO
Deborah Bailey Staff Nurse, BreathingSpace
Jackie Brown Programme Lead, Strategic Planning
Katrina Brunst Staff Nurse, RCHS
Stacey Calladine Clerical Officer, RCHS
Martin Clarke Assistant Information Manager, Provider Information Team
Jacqueline Crapper Health Visitor, Children’s Services
Johnson D’Souza Deputy Director of Public Health, RCHS
Carol Dubuy Secretary, Rotherham Hospice
Rebecca Fenoughty Communications Officer, RCHS
Verity Gamble Occupational Therapist, Learning Disabilities
Edward Jones Clerical Officer, RCHS
Carol Lee PBC Support Officer, Strategic Planning
Jacqueline Lynch Consultant Clinical Psychologist Team Leader, STEPS
Rebecca Marshall Bank Support Worker, BreathingSpace
Gill Mennell Integrated Falls Project Lead, RCHS
Keele Nightingale Community Support Worker, Hospice at Home
Helen Pyott Community Nurse, RCHS
Carl Rawson Nursing Assistant, Cranworth Close
Sheila Robinson Community Staff Nurse, RCHS
Jean Roys Cook, Rotherham Hospice
Susan Rutter Stop Smoking Advisor, Cranworth Hospital
Lisa Suggs Community Staff Nurse, RCHS
Bob Taylor Business Manager, RCHS
Verity Canvasser Lottery Canvasser, Rotherham Hospice
Sarah Turner Support Worker, BreathingSpace
Julia Waller Stop Smoking Advisor, RCHS
Julie Westwood Primary Care Performance Coordinator, Finance and Performance

QUICK WINNER

Congratulations to Chris Barnes, Project Administrator at Oak House who won four tickets to see Cirque du Soleil at Sheffield Arena just for filling in the February/March Quiz Health Works quiz! NHS Rotherham Chairman Alan Tolhurst presented Chris with his tickets.

DIARY DATES

TProfessional Executive Committee............................................. 7th July
Coffee Morning at BreathingSpace ............................................. 8th July
Trust Board ............................................................................. 19th July
Professional Executive .......................................................... 4th August
Shaping Our Future staff consultation ends .........................23rd August

Staff and the public are welcome to attend the Board meetings.
Please contact Alan Tennant for times on 01709 302011.

Health Works is now being published bi-monthly. The editorial deadline for the August/September edition is 2nd August.

If you have any items for future issues of Health Works, Team Brief, Round Up, Newsround or Newsflash, please contact Fiona Topliss, Head of Communications on 01709 308989 or fiona.topliss@rotherham.nhs.uk.

An electronic version of Health Works, and copy deadlines for all publications, can be found on the NHS Rotherham intranet under Chief Executive’s Office/Communications.