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West Life

Newsletter for staff working in CHCP

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welcome to the first edition of West Life

The newsletter for West Lothian Council and NHS staff working in the Community Health and Care Partnership (CHCP).



As you know, in April West Lothian became the first area in Scotland to introduce a Community Health and Care Partnership, bringing together around 1,700 staff.

For many of you there will have been very little noticeable difference in your way of working over the last six months. However, there has been a lot going on behind the scenes in setting up the formal mechanisms, for example Partnership Board, Sub-committee and developing a workplan as we go forward.

Community Health Partnerships (CHPs) were set up to be key building blocks in the

modernisation of the NHS and joint services, providing an exciting opportunity for partners to work together to improve the lives of local communities.

In West Lothian we have a more advanced model of CHP, a Community Health and Care Partnership (CHCP). Our core services go beyond those listed in the original guidance from the Scottish Executive, to include community care services and related hospital services, namely mental health, children's services, learning disabilities and physical disabilities, five of the Allied Health Profession services, General Practitioner, continuing care, personal care, residential care, dental, optician, pharmacist, district nursing and health visiting, amongst others.

I look forward to working with you to harness your energy and ideas for improving the health and wellbeing for the community of West Lothian.

Bob Anderson
Chair

about us

our aims

- Improve health and wellbeing.
- Provide safer care and development of children.
- Improve quality of life for older people.
- Reduce life inequalities.
- Maximise resources.
- Reduce bureaucracy.
- Strengthen service delivery.

our vision

To develop a partnership that will further enhance and develop the delivery of integrated health and social care services to the people of West Lothian.

small talk

Ensuring that the most vulnerable families and their children are provided with the services they need, when they need them, is a vision shared by the CHCP Children's Group and the Scottish Executive.

Clear and open communication and the exchange of information across agencies is vital in identifying potential problem areas and paving the way for effective joint working.

Working together to develop and improve children's services, the CHCP Children's Group

consisting of senior managers from social policy, health, education, police and the voluntary sector held their first meeting in August 2005.

For further information contact Doreen Trainor (Chair) on **01506 771841** or e-mail: **doreen.trainor@wlt.scot.nhs.uk**



working together



the patient

Annie Shaw 73, from Armadale. "One minute I was getting ready for a Christmas party the next I was in St Johns after slipping and falling in the bathroom. The support I've received has been fantastic. It was over Christmas and I really wanted to be back home. The Rapid Response team were just great, they worked to get the services in place for me so I could go home."

After leaving hospital Annie had a care worker who visited her in the morning to help her get showered and dressed.

health & social care worker

1

Kathleen Hoban has worked with the council's Rapid Response team for nearly four years.

"The aim of the Rapid Response team is to promote full independence – people want to be in their own home. It's so important for them and their families that they get support to do this.

"Annie often got short of breath and teaching her different ways to pick things up and get dressed had helped with this. We were also able to organise a trolley, grab and hand rails, and refer Annie to Bathgate Social Work centre for ongoing support.

"Annie's house had already been fitted with the council's Home Safety Service – providing a core package of security based on telecommunications technology for people who are 60 and over.

"I love my job, especially as no two days are the same."

West Lothian's vision is of a future in which every older person has a decent quality of life. Working in partnership to promote independence is the key to the area having one of the lowest numbers of people who are awaiting discharge from hospital in Scotland.

This partnership has been taken to a new level with the creation of the Community Health and Care Partnership (CHCP).

In December 2004 Annie Swan had a fall at home resulting in a fractured wrist and a stay in hospital. She was keen to get back to her own home as soon as possible. Here Annie introduces us to the people who helped her do that.

district charge nurse

2

Colin Small is attached to Armadale and Blackridge GP practices and has been a district nurse for seven years.

"My work involves providing nursing care at home. I do a wide and varied range of work including wound management, taking blood, assessing the need for special equipment and medications.

"It can be difficult particularly when patients are very ill – nursing has an emotional cost. But getting to know your patients and their families is one of the best parts of the job and I have known Annie and her husband William for a long time."



community care assistant

3

Liz Muir has worked for West Lothian Council for 23 years and is responsible for a busy case-load.

"I love my job and working with older people – although it can be challenging at times it is also very rewarding. The Rapid Response team referred Annie to me, my role was to develop a package of care which would enable her to remain in her own home with her husband. I organised a morning visit for Annie which provided help with getting up and showering each day."

rapid response team leader

4

David Bailey has been with the team for 18 months.

"I first visited Annie after she was discharged to find out how the rapid response team could best support her. This involved assessing her ability to cope at home and how she felt we could help her. We both agreed she would benefit from help each morning with washing and dressing.

"I also suggested that Annie and her husband use Apetito meals which they would find more straightforward to prepare."

senior occupational therapist

5

Ruth Aspinall has been at St Johns for five years and specialises in orthopaedics.

"The main aim of my work is to help people who are temporarily or permanently disabled to be as independent as possible in their everyday lives while recovering from their condition or adapting to their disability.

"I had to make sure Annie would be safe and able to cope at home prior to her being discharged from hospital. This involved a visit to her house to assess whether any special equipment would need to be installed before she came home.

"I get a lot of satisfaction from watching someone regain their confidence and ability to go about their daily activities again."

senior physiotherapist

6

Lynn Speirs has worked at St Johns for seven years.

"I first met Annie when she had just had her cast removed. Initially I worked with her on exercises, which are designed to strengthen the wrist and help her cope with pain. The aim is to increase the number of activities, such as opening tins, to help her remain independent. We also started a falls prevention programme which focuses on the lower limbs and aims to improve balance and tolerance to exercise."

senior physiotherapist

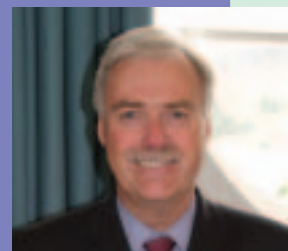
7

Lesley Campbell has been at St Johns for nearly two years.

"I see patients after fractures and surgery and also run an amputee class and fracture clinic. I saw Annie after she broke her wrist and helped her with her walking and balance. I enjoy getting people mobile again, especially when they've been very anxious and nervous."

thumbs up from health chief

Staff in Broxburn welcomed Dr Kevin Woods, Head of the Health Department and Chief Executive of NHS Scotland, during a visit to the Strathbrock Partnership Centre.



Dr Woods' visit included a tour of the Centre and a demonstration of eCare, one of West Lothian's most innovative IT systems which allows health, housing and social work to securely share client information.

Members of the Health Improvement team presented examples of its work in improving health through increasing knowledge and skills and building local networks.

After a visit to Holmes

Gardens, a housing with care development in Broxburn and an opportunity to meet some of the residents, the visit ended with a discussion on the Home Safety Service which uses telecommunication technology.

Dr Woods said: "It was good to see practical, willing examples of joined up services, and a great pleasure to meet so many enthusiastic and committed staff."

A picture of success

Health staff picked up four awards at the NHS Lothian Big Picture and Celebrating Success event held in St Johns on 2 September. The aim of the event, now in its second year, is to showcase 'good practice' and share innovative approaches to meeting patient needs.



Congratulations to the winning teams:

Kim Bracher: Diabetes for lifestyle improvement (D.O.L.I.)

Michelle La Barre: Moving Together: a multi-disciplinary screening model for children with motor difficulties.

Claire Bennets on behalf

of Julie McGuire: A joint approach between Health and Education to organisational skills in paediatrics.

Allister Watson: joint initiative Education, School Nursing & Community Education.

a coffee with...

David Kelly, director of CHCP



Derek Flemming, occupational therapist (OT) St John's Hospital and **Jean Cairns**, personal care worker Broxburn, took advantage of an opportunity to quiz him for West Life.

Q. What do you see as the main benefits of a joint management structure? How will this make a real difference for people using the service?

A. The biggest benefit at the moment is being co-located with the Head of Social

Policy, the Head of Health, the Clinical Director and the Chief Nurse. Just this week I've had letters from people who have very complex care packages and they want to know what's happening and inevitably what is happening is a mix of health and care.

Q. Do you think that people in West Lothian are aware of the potential benefits?

A. Not necessarily – people won't see the changes yet. The nature of change is that it takes time. The biggest change is at senior management level and the aim is that closer working will filter throughout the organisation.

Q. How will the barriers across agencies be overcome – different conditions of service, different roles and responsibilities, different pay scales?

A. Staff will continue to be employed by West Lothian Council or NHS Lothian under their present terms and conditions. We have different cultures in the organisations – different ways of doing things. One of the big issues for us is to overcome these barriers.

Q. You say that you would like us to work closer together, will there be joint

training opportunities?

A. One of the ways we would hope to achieve a sense of togetherness - of one team - is to do a lot more joint training and development. It is important to give people from different parts of the CHCP the opportunity to see what happens in other parts of the service.

Q. What opportunities do you see for us to develop as part of the CHCP and how would this benefit our patients/clients?

A. Our goal is to provide development opportunities, which add to job satisfaction and help provide an atmosphere of continuous improvement. We can see benefits in providing more cross organisation working. For example there could possibly be opportunities where health and care OTs could rotate. The benefit is that it would provide an opportunity for seeing both sides of the service and sharing expertise, all of this will inevitably improve the service.

Q. Do you see the set up at the Strathbrock Partnership Centre as a model for the future?

A. Absolutely – sharing resources benefits the community as a whole. It is still at an early stage but we are proposing a new facility at Fauldhouse.

everyone's a winner



Staff hit a winning streak at this year's West Lothian Council Celebrating Success Awards.

At a glittering ceremony presented by TV celebrity Jackie Bird, representatives from each of the teams picked up four out of the eight awards of the evening.

To celebrate their achievements a lunch hosted by CHCP director, David Kelly was held at Strathbrock Partnership Centre where each team was presented with a hand-crafted trophy.

and the winners are...

Social Policy & Business Support:

Smart Technology

Eagle Brae team:

Care Home Bed Matching

Arts & Communities Inclusion team:

Lift special Olympics

Clarendon Support Services:

Something You Should Know

SEND

contact us

West Life will be published three times a year and made available to all CHCP employees.

The small (but perfectly formed) editorial team is:

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We welcome your feedback on anything covered in this issue and suggestions for future issues.

Please contact any member of the team or e-mail:

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Copy deadlines for 2006 are
24 February, 23 June and
20 October

stop press...CHCP quiz night 27 January at Strathbrock 7pm - midnight further details to be circulated