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westlife

newsletter for staff working in CHCP

Adult Protection Conference

'Adult Protection' as a concept is sometimes difficult to grasp. Who is at risk? What are the risks? How can folk best protect themselves and what formal help can be offered when situations become unacceptable or difficult to manage.

The West Lothian Adult Protection Committee is holding a Service Users, Carers and Families Conference focusing on safety, risk and protection and promoting conversation, discussion, inclusion and empowerment.

The committee is keen to inform and involve the full range of service users, their carers and families and engage with them in current and future adult support and protection activities and wider community safety themes. The conference will also provide an opportunity to explore the possibility of developing an Adult Support and Protection Service User/Carer Forum. This day is being arranged for service users and carers so their presence will be crucial.

Although the subject matter can be difficult, the emphasis will be very much on fun, information and interaction.

The conference will take place on 14 March 2012 at Howden Park Centre. We are collecting names of people interested in attending.

If you or anyone you know is interested in attending, please email catherine.bostock@westlothian.gov.uk or telephone 01506 281850.



Bathgate Partnership Centre

Opened to the public in September, the new £7million Bathgate Partnership Centre, Lindsay House brings council and community services together under one roof.

The striking building provides a new home for the town's community centre, library, registration office, Community Mental Health Outreach Team and Customer Information Services (CIS); as well as a Food Creations Café, council office accommodation, meeting spaces for community groups, and a landscaped garden complete with an orchard.

The centre also houses the new headquarters for Adult Basic Education in West Lothian and the council's Advice Shop, who provide help and assist on a range of topics including income maximisation, debt, fuel poverty and energy savings.

Jim Forrest, Director of West Lothian CHCP, said: "Bathgate Partnership Centre offers an excellent opportunity to join up council and community services in one central, convenient location. The centre is an excellent hub for Bathgate, which meets the growing needs of the community."

Celebrating OT Success

Congratulations to the West Lothian CHCP Adult Occupational Therapy (OT) Assessment team, based at St John's hospital who recently won an NHS Lothian Celebrating Success award, in the category 'Lean In Lothian'.

Following a review of service delivery, the referral system was redesigned in March 2011 with the improved outcome of no waiting list, with all patients receiving an intervention within half an hour (during core working hours).

For more information contact:
Sally Westwick AHP Manager 01506 281009



A day in the life of the SCET Duty Manager

Who? Catherine MacInnes

Duty Manager, Social Work Emergency Team (SCET)

Welcome to my day!

A shift with Social Work Emergency Team (SCET) during the week begins at 4.30pm but for me as Duty Manager, more often than not it starts at 3pm. This allows for staff supervision, team and management meetings or perhaps attending a Case Conference be it either in relation to either Adult or Child Protection.

At 4.30pm, I am joined by the Social Worker and the Emergency Care Worker (ECW) and we begin the shift. The SCET email box is checked for what we call 'alerts' (allowing the various teams to update us on a situation, request our help or just to draw our attention to a potential problem for an individual or family). Phone lines are opened and we are good to go.

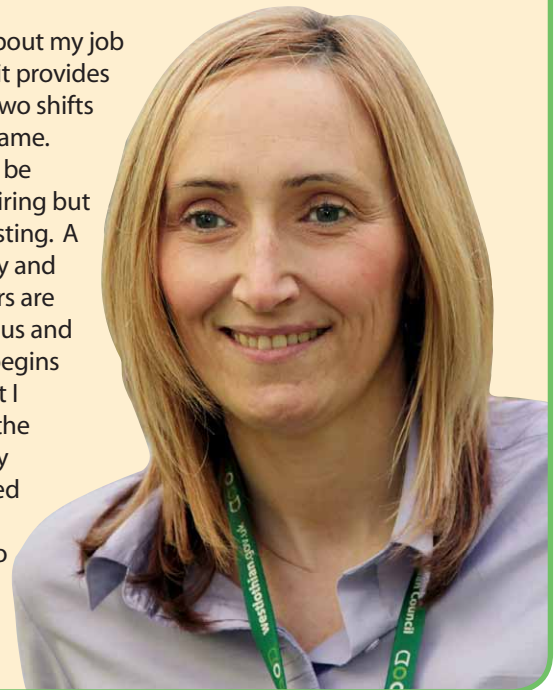
On some shifts, the phones ring non-stop from the word go! We receive most of our referrals this way, mainly from members of the public with concerns such as 'my carer hasn't arrived' or 'I'm homeless'. Requests such as these are straight forward to deal with but the bulk of our work centres upon child care, child and adult protection, mental health and community care concerns. I am trained in all these areas and operate not only as a qualified Social Worker but also a Mental Health Officer (MHO) and an Appropriate Adult.

For child care matters, we often get calls from parents seeking advice, re-assurance or demanding we visit to remove their child. In relation to adults, it can be families no longer able to care for their relative, adults who can no longer live independently at home or may be in need of respite. For the most part you can deal with such crises over the phone but there are situations where a home visit is necessary and further assessment required. The next step might well involve our colleagues in the Police if the matter is child or adult protection and occasionally a trip to the Courts to request an Order.

As an MHO I work independently in conjunction with our partners in health, both hospital and community based. Requests for emergency assessments for mental health occur at any time, including whilst on standby at home between 2am and 8.30am.

Other work we do includes attending Police interviews as an Appropriate Adult for those who have a mental health condition or learning disability whether they are a witness, suspect or victim of crime, occasionally as Responsible Adults for those under 16 involved with the Police, and provide advice to a variety of agencies both internally and externally.

What I love about my job is the variety it provides and how no two shifts are ever the same. The work can be demanding, tiring but always interesting. A shift can fly by and the early hours are quickly upon us and my standby begins thereafter, but I always leave the office with my fingers crossed hoping for a quiet night so that I might get some sleep!



Step out with healthier bones

Although falls are often associated with old age none of us are immune especially during bad winters like the past couple of years.

For most of us, having a fall will only result in a bit of embarrassment. However this isn't always the case and suffering injury like a broken bone can have huge consequences.



It is vital we look after our bones and there are easy ways to do this:

- ▶ We should all be having plenty of calcium in our diet from fish, dairy produce, eggs etc use the questionnaire www.rheum.med.ed.ac.uk/calcium-calculator.php to check you're getting enough – you may be surprised!
- ▶ Calcium is only useful if we also have Vitamin D. We need at least 10minutes of sunshine to our face and arms every day from May – Sept, so no hat, long sleeves or sun lotion for 10mins this can be broken up into two 5 min slots if you are very sun sensitive.
- ▶ Regular physical activity is also vital to protect our bones and a simple daily walk could make a difference to your bone health.
- ▶ Stay away from the usual suspects -salt, alcohol and smoking all take their toll on our bone health.



A journey through physiotherapy

Many people encounter a musculoskeletal physiotherapist for the first time post operatively, particularly following orthopaedic surgery. For the vast majority of these patients rehabilitation guided by a chartered physiotherapist is necessary to facilitate recovery to their pre-injury level.

A large number of patients requiring rehabilitation following knee surgery will attend the knee group at St. Johns Hospital for their rehabilitation. As part of the group each patient sets goals and receives a progressive individualised exercise programme to help them achieve this.

The assessment structure of the knee group has recently changed in order to assist this process by using a number of standardised outcome measures to identify a patient's ability to return to the physical demands required for their chosen activity or sport.

One of the first patients to complete rehabilitation under the revised structure was David Lawson, a competitive motocross rider from Livingston. David had an anterior cruciate ligament reconstruction of his knee in February 2011 following a previous motocross accident. "I got great confidence and found the strength tests were a great motivation for me to push myself to the next level".

As an added motivation throughout the process David was very keen to return to competition at a local charity motocross event for 'Help for Heroes' on Sept 11th 2011. Following an intensive seven-month period of rehabilitation David returned to compete (with special dispensation from his orthopaedic surgeon) and was presented with an individual award by his peers as recognition of this outstanding achievement. "I have been highly impressed with the quality of care provided and found being part of the group a great motivational tool to help me achieve the best result from an injury I've ever had".



Be winter ready

West Lothian Council has launched a new campaign 'Winter Ready West Lothian' to ensure that residents have the information that they need ahead of the winter. The campaign explains the steps that the council has made in preparation for this winter and also how residents can help.

For more information visit: www.westlothian.gov.uk/winter

E-Newsletter launched

Two new email services have been introduced to keep residents up to date with local information. To find out more and sign up visit: www.westlothian.gov.uk/email

Emergency volunteer service

In the event of exceptionally severe weather conditions, an emergency volunteer service will again operate to support vulnerable members of the community to get their essential needs met, allowing the existing services to support those most in need. This service does not replace the services that already exist to the public through the Social Work Duty Teams, out of hours Social Care Emergency Team (SCET) or care at home services.

As last year, the services provided will include: medication collection, shopping (including Powercards), bulky shopping/deliveries,

path clearing, transporting staff on essential business and snow clearing of large areas.

The special helpline number to call will be **01506 773440**.

N.B. This service will only be activated in the event of exceptionally severe weather conditions.



Get your flu jab

Health and social care staff directly involved in patient care are recommended to have the vaccine. If you're not vaccinated, you could be putting yourself, your colleagues and your vulnerable patients at risk.

If you work in the NHS you can get a free vaccination from your employer - contact your occupational health service or your line manager for details. If you work in any of the other health or social care organisations - speak to your employer or occupational health department to find out whether the flu vaccine is available.

Home-Start West Lothian

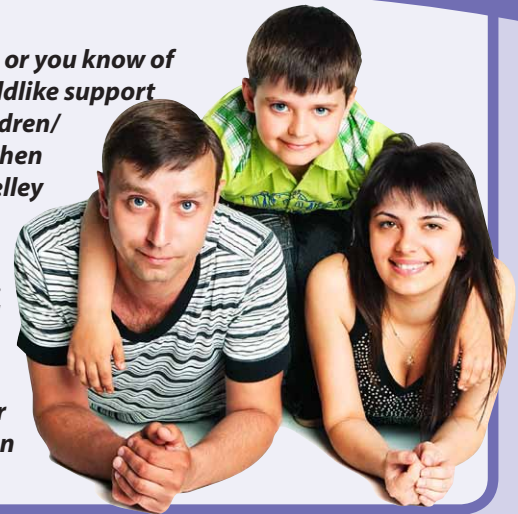
Home-Start West Lothian is a small but very busy local charity supporting families across West Lothian by reducing their isolation and increasing their social support networks as well as helping to improve children's health and wellbeing.

A unique service is provided to families by way of a Parent Volunteer to offer support and friendship through home visiting as well as family groups and through social events.

Support is offered to families who, amongst other things, may be:-

- Isolated in the community
- Suffering with post-natal illness
- Struggling with the emotional and physical demands of having twins, triplets or more
- Having a hard time coping with a child's illness
- Overwhelmed by the death of a loved one
- Struggling to cope with a disability or relationship problems

If you are a family, or you know of a family, who would like support and they have children/ a child under five then please contact Shelley or Carol-Anne on 01506 854529 for further information. If you're interested in becoming a Parent Volunteer then please call for an informal chat on 01506 854529.



OT Training Event

In September CHCP Occupational Therapy staff held a training event that brought together hospital and community based staff. The event, which was organised by the joint OT steering group and sponsored by local companies, offered a valuable opportunity to discuss changes to the service and the provision of wheelchairs and portable ramps.

**Contact: Averil Douglas
OT Team Manager 01506 775633**



Pedal Power

Congratulations to Gavin Drybrough, MSK Specialist Podiatrist, based at Strathbrock Partnership Centre for successfully completing a cycle ride from Lands End to John O'Groats and raising £1500 which was split between two chosen charities Alzheimers UK and Great Ormond Street Hospital.

Mental Health Event

The 7th annual Mental Health event took place at Strathbrock Partnership Centre in October and was hailed a great success.

The event had a good turnout with more than 40 stalls showcasing at the event which included information on physical and mental health, healthy lifestyles, education, employment, housing, support and information, advocacy, day services and drugs and alcohol advice. The event was held to coincide with World Mental Health Day.



Mike Duncan & Jennifer Scott opening the event

contact us

West Life is published three times a year and made available to all CHCP employees. We welcome your feedback on anything covered in this issue and suggestions for future issues.

Please contact:
info@westlothianchcp.org.uk

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