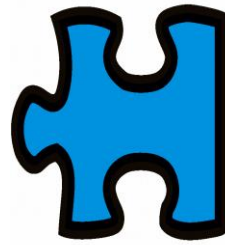


Health & Social Care Update



GWENT
ASSOCIATION OF
VOLUNTARY
ORGANISATIONS

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Issue 7 - November 2010



The "Way to Go" Project

Planning for Inclusive Access in Wales

A new Disability Wales project aims to explore and encourage stronger relationships between Local Authority planners and access and disabled people's groups. The six days offer an exciting opportunity to improve both individual and group involvement of disabled people in the planning system, starting in October in South East Wales.

The Welsh assembly is funding the project, so all training (including lunch) will be free. The project co-coordinator is keen to involve everyone and would like to include some examples of planning situations where access and disabled people's groups and individuals have been involved.

Examples of being involved could include; developing a more accessible building, working with a planning team, a case where the relationships, knowledge and approach felt really good or a case where things could have been better or more comfortable in the planning process.

They would like to include as many real-life examples as possible, to explore ways of improving access to the environment throughout Wales.

The Equalities and Human Rights Commission (EHRC) would also be interested in examples of where a planning application has gained approval in a way that has created or maintained a barrier for disabled people.

It would be particularly useful for the EHRC if the examples could illustrate in what way the barrier could have been effectively addressed by the planning authority, by for example identifying a shortfall in the content of the Access Statement or by imposing appropriate, proportionate conditions to the approval.

All examples will be acknowledged and a prize will be offered for the best story. Examples should be limited to one A4 page, with digital photographs if possible, and should be forwarded to Helen Kane Project Co-coordinator by Wednesday 1st December.

Post to: Access Included 0216 Cathedral Road, Cardiff, CF11 9JG. For more information telephone 02920 726737, mobile 07985210575, Skype helenkane99

Do you want others to know more about what you do?

Do you want to raise your profile?

To ensure your group, organisation, news or event is featured in future issues send; a brief description about your organisation with contact details to:

Susanne Maddax Health & Social Care Facilitator:

**susanne.maddax@gavowales.org.uk
telephone 01443 863540**



INVESTOR IN PEOPLE



Training & Resources



The Learning and Development Project is offering the following courses through December 2010 through to February 2011. For more information on any of the courses please contact Gillian Jervais 01443 863540 or e mail gillian.jervis@gavowales.org.uk

Thurs 2 nd Dec 2010	Sustainable Funding	GAVO offices Ystrad Mynach
Wed 8 th Dec 2010	Understanding and managing anger	White Rose Information Centre
Thurs 9 th Dec 2010	Basic First Aid	Abertwsswg Community Centre
Tues 14 th Dec 2010	Food hygiene level 2	GAVO offices Ystrad Mynach
Tues 11 th & Wed 12 th Dec	Mental Health First Aid	Trecenydd Community Centre
Tues 18 th Jan 2011	Business Planning	GAVO Offices Ystrad Mynach
Tues 19 th Jan 2011	Food hygiene level 2	Ael-yr-Bryn Rhymney
Thurs 27 th Jan 2011	Introduction to Tendering & Trading	GAVO Offices Ystrad Mynach

South East Wales Participation Network

7 December, 10:00 - 13:00, Newport YMCA

Participation Cymru are running participation networks in both South East and South West Wales. The events will be free of charge and open to all practitioners. Participatory methods will be used throughout the session in order to enable practitioners to:

- Meet other practitioners in their area
- Share good practice
- Share ideas
- Problem solve
- Develop participatory skills
- Acquire new skills



We will look at how Participation Cymru can best support you and will also run a session on assertiveness and consensus building. There is also time available for you to test out your own participatory sessions with a sympathetic audience. Please let us know should you like to take up this opportunity. Please feel free to bring lunch with you as food will not be provided, but there will be tea and coffee available. Should you be interested in attending please contact: participationcymru@wcva.org.uk or 029 2043 1725

Voices for Change Cymru

Voices for Change Cymru is a WCVA project supported by the Big Lottery Fund. The project aim is to connect third sector organizations with local and national decision making. This means that we provide a range of services aimed at helping you to understand how local and national politics works in Wales, how decisions are made and who makes them and how campaign effectively to influence decision makers.

This website provides comprehensive information on how devolution works in Wales; detailed information about the National Assembly for Wales and the Welsh Assembly Government as well as information about UK and European politics and how they affect us here in Wales. It also provides information on campaigning skills and how to have your voice heard effectively.

You can also use the site to access a range of information materials and find details of training courses and events. The latest news section is regularly updated with useful information and opportunities to have your voice heard on the issues that matter to you. If you'd like to keep even more up to date with what's happening at the National Assembly for Wales as well as finding out about consultations, inquiries and publications relevant to you take a look at the free Assembly monitoring service which is updated weekly. If you'd like to receive emails detailing opportunities to have your voice heard on the issues that are important to you, then join the Voices database. To find out more visit www.voicesforchangecymru.org.uk/



Funding

Comic Relief Grants

Older people's Programme

Comic Relief is seeking applications through its Older People's Programme. The aim of the programme is to support older people to bring positive change to their communities. The fund is open to a range of organisations including self-help and community groups, voluntary organisations, community interest companies and social enterprises that are targeting their work at older people aged 65 and over. Comic Relief are particularly keen to make sure their funding reaches those who have often missed out, such as older people from Black and Minority Ethnic communities, lesbians, gay men, bisexual or transgendered people and older men for example. The deadline for submitting your first-stage application is 17 December 2010.

The next grant making cycle is now open. It is a two-stage application process. The first stage is an expression of interest. The second is a more detailed application. **Both are submitted on-line.** The deadline for submitting your first-stage application is 17 December 2010. The outcome regarding the expression of interest will be communicated within 3-4 weeks of the deadline. If your application is chosen for further consideration you will be invited to submit a second-stage application, again on-line. You will then have 3 weeks to submit your second stage application i.e. by 22 February 2011.

Please note that Comic Relief will only accept hard copies of these application forms in exceptional circumstances. Please contact the grants team to discuss this at: ukgrants@comicrelief.com or call us on 020 7820 2000. For further information and to apply go to: http://www.comicrelief.com/apply_for_a_grant/uk/olderpeople

Mental Health Programme

The aim is to ensure people with mental health problems get access to the services they need, their rights respected and voices heard. The grant scheme also aims to reduce stigma and discrimination. In most cases Comic Relief look to fund organisations with a user led ethos and will fund a wide range of advocacy models or campaigning work. Grants are for a maximum of 3 years and are typically between £25,000 and £40,000 but consideration will be given to bids exceeding these amounts but only on discussion with Comic Relief. Cycle 5 is now open to applications and the deadline for submission is 7th January 2011 More information can be found at:

http://www.comicrelief.com/apply_for_a_grant/uk/mental_health

Grants to help older vegetarians and vegans in financial need

Vegetarian for Life administers two charitable funds, The Vegan Fund and The Vegetarian Fund, on behalf of The Vegetarian Housing Association, our sister organisation. The Funds were launched in 2010 and the main eligibility details are:

- aged 60 or over
- in financial need (i.e. with a relatively small regular income and relatively low savings - we follow the limits used for eligibility for means-tested state benefits)
- and - for a grant from The Vegan Fund - a practising vegan
- or - for a grant from The Vegetarian Fund - a practising vegetarian

Grants are awarded on a one-off basis. They are not suitable for ongoing expenditure and are normally made to assist 'independent living', for example: to provide ramps, grab handles, minor kitchen/bathroom adaptations, stair lifts, or perhaps respite care (a short stay in a care home for a person being cared for at home, to provide a break for the carer). Applications for other uses will be considered – as long as the grant will benefit one or more older vegetarians, or vegans. Individual grants are normally subject to an upper limit of £3,000, but this may vary if the grant would benefit more than one eligible person or, at the Trustees' discretion, if there are other extenuating circumstances. Each application will be judged on its individual merit by the Trustees of Vegetarian Housing Association, whose decision is final. For further information and for application details please contact Tina Fox on 0151 608 1595 or info@vegetarianforlife.org.uk



Henry Smith Charity

The Henry Smith Charity makes grants for work throughout the UK. Applications can be made for revenue and capital activity. Priority is given to work with groups experiencing social and/or economic disadvantage, for example, people with disabilities; and work that tackles problems in areas of high deprivation, by which we mean those that fall within the bottom third of the National Indices of Deprivation

Main Grants Programme

The Main Grants Programme is for grants of £10,000 p.a. or over. There are two types of Main Grant:

- Capital Grants-One off grants for purchase or refurbishment of a building or purchase of specialist equipment.
- Revenue Grants-Grants of up to three years for things like core costs (including salaries and overheads), or the running costs of a specific project (including staffing costs).

Small Grants Programme

Our Small Grants Programme is for grants of under £10,000 per year. There are small grants of £500 - £20,000 available for small UK registered charities working in any UK county not listed above. To be eligible to apply for a Small Grant, your annual income must be below £150,000. Applications for Revenue grants can be submitted at any time provided that:

- you do not have an active grant from us;
- we are not already assessing an application to one of our other programmes; and
- if you applied previously and were unsuccessful, that more than six months has passed since you received your declination letter.

There are no deadlines and we do not have an application form, though we do ask you to complete an Application Cover Sheet. This can be downloaded from the website.

<http://www.henrysmithcharity.org.uk/how-to-apply.html>

Capacity Building Fund

The WAG Advancing Equality Fund has made available £50,000 for awards of up to £5,000 for the joint Welsh Assembly Government/Equality and Human Rights Commission Capacity Building Fund available to third sector organisations.

The Minister for Social Justice and Local Government has announced the opening of the Welsh Assembly Government's contribution to the joint Welsh Assembly Government and Equality and Human Rights Commission Capacity Building Fund.

These grants are to help organisations increase their engagement with the community and partnership working with the statutory sector and improve or better understand their governance obligations. This is the second and final tranche of this fund.

You can find the grant application form online at

<http://wales.gov.uk/topics/equality/funding/ehrcfund/?lang=en> Please note that the deadline is **17th**

December 2010. For further information about this funding please contact: Tel: 029 20826828 /

029 20825929, E-mail: EDIDMailbox@wales.gsi.gov.uk



GAVO Caerphilly Voluntary Sector Forum Dates

Voluntary organisations and community groups in Caerphilly Borough are invited to the Forums below to find share information, find out about funding and training opportunities, network and pick up other useful information.

The next Forum dates are:

- Caerphilly Basin Forum: 15th Feb 2011(venue to be confirmed)
- Islwyn Forum 8th Dec (includes a xmas buffet) Hafodrynys Village Hall, 16th March 2011 (venue to be confirmed)
- Upper Rhymney Valley Forum 20th January, 14th April (venue to be confirmed)

Please telephone Karen Williams or Deborah Kinrade on 01443 863540 to check the times and venues as they may be subject to change.

Consultations, Research & Development

Data sharing code of practice

The Information Commissioner's Office has launched its consultation on the Data sharing code of practice. This code explains how the Data Protection Act 1998 applies to the sharing of personal data. It also provides good practice advice that will be relevant to all organisations that share personal data. Organisations should use this code to help them to understand how to adopt good practice. While some parts of the code are necessarily focused on sector-specific issues, the majority of the good practice recommendations will apply to all data sharing regardless of its context and scale. Information on the consultation and other data protection and protocol issues can be found at <http://www.ico.gov.uk> The closing date for responses is: 5 January 2011.

Using the Web to Reach Users, Patients and Carers

Technology is changing the way people give feedback on issues that influence their lives. Given this, Mind Cymru is looking at how the internet can provide mental health service users new ways to influence mental health service improvements.



Patient Opinion is the leading edge developer of a web-based approach to service user feedback. Their website gives health service users and carers a way to give feedback on their experiences (<http://www.patientopinion.org.uk>). They are particularly skilled at working with mental health services - helping them to use the feedback they get to improve services for the future.

Patient Opinion is a UK-wide organisation, and although they have done some work in Wales, to date this has been limited. Hence, as Mind Cymru believes their approach could make a major contribution to user involvement in service improvement, they are now working in partnership to look at the opportunities and issues in Wales.

'Mental health and well-being at the workplace– protection and inclusion in challenging times'

The WHO Regional Office for Europe, the German Alliance for Mental Health, the German Federal Ministry of Health and the Directorate-General for Health and Consumers of the European Commission held the Conference on Mental Health and Well-being at the Workplace – Protection and Inclusion in Challenging Times in Berlin, Germany, on 17 and 18 March 2009. About 130 representatives of user and family caregiver associations, enterprises, trade unions, politicians and researchers from 20 countries in the WHO European Region discussed ways to respond to how modern working life challenges mental health and wellbeing, how to overcome barriers to employment for people with mental health problems and opportunities for integration and empowerment given the global economic downturn. The 2010 report produced can be downloaded from the website at the following link:

<http://www.publicmentalhealth.org/news.cfm?orgid=749&contentid=17456>

The report is based on the presentations given at the Conference.

New Supporting People DVD's

Two Supporting People DVDs, "A Home to Live In" and "Extra Care" are now available. They are:

- *A Home to Live In* – a DVD made by and for people with learning disabilities in conjunction with Caerphilly People First, that explain the different types of accommodation available in the Caerphilly County Borough for people who have learning disabilities.
- *Extra Care* – Digital Stories made by the residents of Cefn Glas, that tell their stories and what life is like in a purpose built, Extra Care facility, that is designed to be used by older people or those with a physical disability. In Caerphilly County Borough there are three Extra Care Facilities – Cefn Glas in Blackwood, Tredegar Court in Risca and the new state of the art Plas Hyfryd facility, in Caerphilly town. If you would like to find out more about Extra Care please telephone the Adult Services Duty and Information Team (ASDIT) on 0808 100 2500.

These DVDs are useful tool for helping people plan for their future and remain as independent as possible. If you would like a copy of either DVD please contact the Supporting People Team on 01443 864591 or email supportingpeople@caerphilly.gov.uk.



Autism in Wales Project

Survey for individuals with autism, their families, and carers

This year, the National Autistic Society Cymru (NAS Cymru) launched the *Autism in Wales Project*, to find out what is most important to people affected by autism in Wales, and what they would like to change. In the next stage, we would like as many people in Wales as possible to tell us more about how they are affected by autism, and fill in this survey: www.surveymonkey.com/s/autisminwales.

This survey is aimed at individuals with autism, their family members, or carers. If this doesn't apply to you, but you would still like to input, please email any thoughts, comments or ideas to the mail address below. If you have any problems completing the survey, please email policywales@nas.org.uk, or phone 02920 629 316.



**Is Crisis Care Working?
Give Mind's Inquiry Your
Opinion.**



Mind, the leading mental health charity in England and Wales, is commissioning an independent inquiry to investigate the state of acute and crisis mental health services. This includes adult in-patient services, crisis resolution teams and crisis houses. From service users to staff, advocates, carers, commissioners and researchers - the independent inquiry team wants to hear about your experience, knowledge and ideas.

Sharing your evidence with Mind's inquiry will help:

- establish a true picture about hospital and community crisis mental health services across England and Wales
- campaign for improved acute and crisis mental health services in England and Wales.

You can complete the survey online but if you want to post your reply please send it to Alison Cobb, Senior Policy and Campaigns Officer, Care in Crisis, Mind, Freepost (WD 2336), London. E15 4BR. Email your insight to action@mind.org.uk The submission deadline is 17 November 2010.

Are mental health in-patient wards and community crisis services providing quality care for the people who need them? What's your experience?

Go to <http://www.surveymonkey.com/s/V2GJCBY> to complete the survey

Thinking about...merger-Institute for Voluntary Action Research

Thinking about merger is one of the most challenging steps a voluntary organisation can make – aside perhaps from formation or closure. It can create tensions as well as excitement, be the cause of much debate and lead to permanent and irreversible change. Contrary to some of the enthusiastic claims made about merger, the IVAR research suggests that merger should be treated with caution. This publication is primarily for staff, trustees of small and medium-sized voluntary and community organisations, ***it is not a guide to the legal, constitutional or financial aspects of merger; nor is it a step-by-step 'toolkit'***. Instead, it brings together the experiences of a wide variety of VCOs that have contemplated or carried out merger to highlight different dimensions of 'thinking about merger'. Despite this interest from policy makers and pressures from public sector commissioners of services, research suggests that VCOs should be cautious about mergers. IVAR see preliminary 'thinking about merger' as being a critical part of any merger process in the VCS. To find out about the experiences from voluntary organisations that have chosen the merger path go to:

<http://www.lankellychase.org.uk/uploads/IVAR%202010.pdf>



Progress and Achievements: Chronic Conditions Management Demonstrator Sites.

A recent report shows benefit of new ways of caring for people with chronic conditions it shows that new measures to care for people with chronic conditions have improved patient care, reduced emergency medical admissions, and saved the NHS at least £2.2million in the last year, according to a new report published.

The report looks at the three areas where new ways of caring for patients with chronic conditions is well advanced – Carmarthenshire, Cardiff and Gwynedd – between 2008-2009. The project, now in its second year, aims to ensure people living with chronic conditions are supported to enable them to manage their condition, reducing the need for hospital admissions.

The report shows how by providing more support and care for people with chronic conditions in the community pressures are reducing on hospital services. By strengthening services in the community and helping people to manage their own conditions, it is reducing the number of emergency medical admissions, and even if they need to be admitted, it is reducing the number of days they need to stay in hospital. The demonstrator projects, which run to March 2011, are:

- Carmarthenshire since March 2008;
- Gwynedd since May 2008; and,
- Cardiff since January 2009.

The report can be found at the following link:

<http://www.ccmdemonstrators.com/Article.aspx?CMSPageID=637>

If In Doubt Get Checked Out Early detection saves lives.

The five year survival rate of mouth cancer patients is just 50%.
BUT early diagnosis gives patients a 90% survival.

Regular visit to your dentist will ensure you are professionally screened for signs of mouth cancer. Talk to your dentists about the process and mouth cancer risk factors. Self-examination is a simple, potentially life-saving process. Look out for:

- Ulcers which do not heal within three weeks
- Red and white patches in the mouth
- Unusual lumps or swellings in the mouth

If your mouth is a concern make an appointment with your dentist or GP immediately and make sure they know your worries.

KNOW THE RISKS – PREVENTION IS KEY

Lifestyle choices can prevent this significant threat. Sadly risk knows no boundaries in relation to mouth cancer. A growing number are developing the disease without displaying any traditional risk factors – underlining the need for check-ups and self-examination. Men were once five times more likely to develop mouth cancer – now they are just twice as likely. The age group affected is falling as younger people than ever are diagnosed.

To find out more visit <http://www.mouthcancer.org/public>

Housing Benefit Changes

Housing Benefit is a social security benefit which helps with housing costs in social housing and privately rented accommodation. The UK Government is responsible for setting policy and benefit rates in Wales and Local Authorities are responsible for assessing benefit entitlement and making payments. Housing Benefit and the way in which it is administered by councils plays an important role in supporting people with their housing costs and providing a stable and secure home.

Housing benefit rates have a significant impact on the affordability of housing and levels of homelessness in Wales. They also have a significant impact on the ability of Authorities to prevent and respond to homelessness, whether it is through housing options services, social lettings agencies or providing temporary accommodation. The WLGA along with other UK Local Authority representative bodies meet regularly with the Department of Work and Pensions (DWP) to represent the interests of Wales in policy development

WLGA briefing papers on the impact of government changes around housing benefit can be found at: <http://www.wlga.gov.uk/english/housing-benefit/>





Dates for the Diary

Maintaining Mental Health and Wellbeing in Adversity

The All Wales Mental Health Promotion Network Annual Conference, Tuesday 1st February at the SWALEC Stadium, Cardiff.

The conference will see the launch of a toolkit entitled 'Exploring Sustainable Wellbeing' jointly developed by New Economics Foundation, Welsh Assembly Government and the Wales Wellbeing Network. For the first time, practitioners will be invited to submit abstracts for oral presentations, workshops and poster presentations around the following example topic areas:

- 'Measuring Wellbeing.'
- 'Mental Health, Wellbeing and Ageing.'
- 'Mental Health and Wellbeing in the Workplace.'
- 'Community Wellbeing.'
- 'Wellbeing and Learning.'
- 'Mental Wellbeing Impact Assessment and Evaluation.'

Guidance for Submissions

Oral Presentations should last no longer than 20-25 minutes, which will then be followed by a 5-10 minutes question & answer session with the audience. All oral presentations will take place in the main auditorium with upwards of 100-150 delegates in attendance (all from different sectors and disciplines); therefore the aim of this type of presentation is to provide the audience with evidence-based information, in an effort to encourage further discussion and reflection.

Workshops will likely be attended by 20-30 delegates, will last between 45 minutes and 1 hour, and should be introduced by a short presentation (5-10 minutes) giving the context/background to the topic being discussed. The following time should be spent engaging the attending delegates in participatory activity - the chosen manner of how to engage the delegates should be explained fully in your abstract.

Poster Presentations will be on display in the registration/lunch areas, and available to view at any opportunity during the day. We would expect posters to be vibrant, informative, accessible to all (bilingual where possible) and should be 'A2' in size.

Submission Process

Please prepare the abstract in no more than 300 words, explaining fully what you aim to achieve with your presentation/poster, what other people will take from your work. The abstract should also inform us of your requirements - for example, what audio/visual equipment you will need. For any queries, or more information please email marie.griffiths2@wales.nhs.uk or call 02920 827627. The deadline for submissions is Friday 26th November and all submissions will be reviewed by the All Wales Mental Health Promotion Network Advisory Board.

Hurtling into a Void?

Realising the Potential of Young Disabled People During Transition to Adulthood

Monday 29th November 2010 9.30 - 4.30 Children in Wales, Cardiff

The transition from school to adulthood is a time of celebration, change and challenges for all young people. They will be planning their careers, continuing education, social life and deciding on where they will live.

The same applies to young disabled people, although for some it can mark the transfer of support from children's services to an unequal adult provision. In this seminar we will hear from a variety of organisations who are aiming to improve young disabled people's experience of transition to adulthood and ensure they reach their full potential. **Booking forms can be downloaded from www.childreninwales.org.uk Delegate fees are; Members: £50 Non Members: £70 (Includes lunch). For more information contact Catherine Lewis on 02920 342434**