

Adult Social Care News

Date: October 2016

Issue 1

Welcome to the first issue of our new Adult Social Care news and information quarterly. This newsletter is being introduced as part of our ongoing commitment to improve how we communicate and engage with our service users, staff and the wider community. We hope that by reading the newsletter you will gain more of an understanding of the wide range of support and services we provide. Each one will contain information about some of our services, news and events. Adult Social Care is changing and we are constantly trying to improve services – working together to make sure that services are designed for people, rather than fitting people into services. We will need everyone's help to make the change.



WHAT'S INSIDE ?

Find out what's been going on at Cummal Moor.

Meet the Adult Service Review Team.

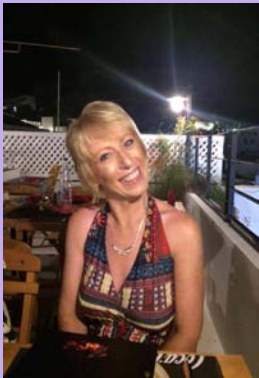
What events are coming up

...and much more!

We are looking for news and events for the next edition.

Please forward any information, articles, stories and photographs to

rosemary.cain@gov.im



My name is Louise Logue, I have been employed as a Social Care Worker at Cummal Mooar Resource Centre for 5 years. For the last year or so I have been primarily working in an Activity Co-ordinator and Medical Escorts role within our residential home.

During the year the one aspect that has come to the forefront is that our residents both want and need to be out and about to socialise and continue to feel part of the wider community. This summer, for example, we have been to The Manx Flower Festival, the Jurby Mice Exhibition at Andreas Church, the Manx Fudge Factory and the Ramsey Heritage Centre.



We have been to the Gaiety to see Thoroughly Modern Millie, Oliver, Wisdom of A Fool and South Pacific. The residents look forward to the Chippy Tea we have upon our return home from the matinees. We have been out for mini bus trips to Laxey, Peel, The Sound and Castletown,

covering the four corners of the island and always fitting in time for an ice cream whilst out.

We have introduced regular pub lunch trips, the last one being to Niarbyl with Bus Vannin. Dial a Bus Scheme helped out with transport as there were 20 of us. The residents thoroughly enjoyed their lovely meal, glass of wine and scenic country drive.





Twice a month we hold Singing for the Brain sessions with the Alzheimer's Society at Cummal Moar, these afternoons are very well attended both by our own residents and those in the community who are encouraged to come along and join in too. We are currently preparing our residents "Christmas Choir" who will perform a few songs at the Christmas Concert.

The Bibliotherapy sessions with the Mobile Library go down a treat and the residents really benefit from the reminiscing aspect of both this and the monthly Golden Memories Group at the iMuseum. The Isle of Man Creamery have visited recently for an afternoon of butter making and cheese tasting which was very well received by all. We have held a Mhelliagh in a local pub to fund raise for our Amenities Fund in order to boost the amount we have available to spend on activities, which at the moment is minimal.

The residents are enthusiastic about participating if the activities are tailored to things they would like to do or try. Craft/games activities are more for the winter months and the summer has been one of making the most of the weather, being out and about visiting places, art exhibitions or just an impromptu picnic at Mooragh Park. Recently we have taken a resident to see 10cc at the Villa, her very first gig attended at age 69, she danced all night and then booked to see Tom Jones.



I have no previous experience of activities but am so very glad that this is now my role. The end of a shift brings with it a real sense of achievement, when the residents are happy and chatty with smiles knowing that the day was enjoyed by all. It is hard work, relentless organising and planning, very physical and the level of constant communication with others can be tiring, these minor downsides pale into insignificance from the exhilaration I feel as I see the positive effect on each individual resident. Opening up the world the residents live in results in empowering them, building self-esteem, enhancing their confidence and they become more outgoing with a willingness to try new things. Activities are a holistic way to transform their view of life. I feel that I can make a difference.



Quotes from Residents.

A new resident having been at Cummal Mooar for a week "I haven't been out this much in a long time".

"Going to the boxing was the best one for me" resident escorted by me to Thriller at Villa for the evening.

"The activities are very good and cover so many things. I think they are essential as without them I would feel isolated. It is important to be part of the community, it is just how I feel" resident who is partially sighted.

"They are excellent, we go out a lot, the shows are the ones I look forward to the most. Louise is a born organiser."

Getting online is good for wellbeing and saves money!

Increasingly, research is showing that access to the internet can reduce feelings of loneliness amongst older people and can give them access to a range of different benefits. These include the ability to connect online with friends and family. As an example, research done by the Royal Voluntary Service (WRVS) showed that 85% of older people who use Skype say that it helps them feel more connected.

Often older people do not consider the internet offers anything for them personally. They must perceive there is a benefit to going online which directly affects them. Experience in other communities has shown older people in particular value the ability to carry out family history research and to be able to communicate with family and friends.

There is also a financial motivation. One study, commissioned by the UK Government and carried out by Price Waterhouse Cooper in 2009 found that people who were online and able to use the internet were better off by £560 a year. In 2012, it was estimated that 36% of single 65+ households and 69% of older couples (where at least one person is aged 65+) have internet access.

Until recently, there was insufficient clear-cut evidence of the effectiveness of internet use for alleviating social isolation in older people. It can now be said that the weight of evidence shows that internet use helps older people combat social isolation and there is some good evidence of its positive effects on loneliness.

The International Longevity Centre UK in 2012 indicates a pattern of effectiveness of internet use for combating loneliness in older people in the community in the UK. It also found that people who reported not using the internet were more likely to say that they 'often' felt isolated from others and that people who said they did use the internet were more likely to respond that they 'hardly ever or never felt isolated'. The evidence is clear – get connected!

Events

- * **10 November Employment and Skills Event at Villa Marina**
Self Care Week , Reducing the risk of falls venues below (All Welcome)
- * **14 November 10.00am - 2.00pm Crossroads shop, Strand Street**
- * **15 November 10.00am - 2.00pm Westlands, Peel**
- * **16 November 10.00am - 2.00pm NSC, Douglas**
- * **17 November 10.00am - 2.00pm Thie Rosien, Port Erin**
- * **18 November 10.00am - 2.00pm Town Hall, Ramsey**
- * **20 November Time TBC Centre 21 - Manx Mencap Christmas Fayre**
- * **26 November 2.30 - 4.00pm Cummal Mooar Christmas Fayre**
- * **26 November Christmas Wreath workshop see [page 10](#) for details**
- * **26 November 11.00am Reayrt Ny Baie Coffee Morning**
- * **2 December Cummal Mooar Christmas Concert (Residents & Family)**
- * **3 December Christmas Wreath workshop see [page 10](#) for details**
- * **10 December Christmas Wreath workshop see [page 10](#) for details**
- * **10 December 12.00noon - 4.00pm Autism Initiatives Christmas Fayre, St Pauls Hall, Ramsey (handmade gifts and crafts)**
- * **11 December Strand Street Christmas Market, Douglas**
- * **12 December Southlands Afternoon Tea see opposite **
- * **18 December Time TBC Activities Christmas Fayre, Laxey**
- * **January 2017 Bradda Unit Southlands Opens**



Afternoon Delight

**Southlands Resource Centre
Monday 12th December
2pm to 3.30pm**

Featuring

Stalls full of crafted Christmas fayre

Christmas songs and carols by the choir of
Scoill Phurt le Moirrey

Raffle in aid of Southern Befrienders

Tea and mince pies or cake (donation to our
Residents' Comfort Fund welcome)



Day Services for Older People

The Department of Health and Social Care was unable to identify an external provider of day services for older people to operate the service within the resources available. As a result, the Department took the decision to operate the service directly through its Adult Social Care Directorate.

From 3rd October 2016 this became a directly provided service. We would like to welcome former Age Concern service users and staff to Adult Social Care.

Introducing the Adult Services Reviewing Team

June 2015 saw the introduction of the Adult Services Reviewing Team. Presently, we are a small team based at Markwell House as part of Adult Social Care Services within the Department of Health and Social Care. The main focus of our work is to review the services people living in the community receive and to make recommendations or adjustments based on any changes in their presenting need. Presently the focus of our work is on reviewing the needs of those service users in receipt of the Department's Home Care Services. Continue...

We send out a letter to the service user explaining that the services they are receiving are due for a review. We then arrange an initial, informal meeting to introduce ourselves, which is also an opportunity to explain a little more about the reviewing process and ascertain who they wish to invite to their review meeting.

The review meeting is usually held at the service user's home, attended by the service user and their representatives - family, friends, carers, etc. We look at the present care package and undertake a comprehensive review of the service user's social care needs. The review is an opportunity to ensure that the services they receive are supporting their wishes and promoting their independence as much as is possible. We offer an opportunity for the service user to discuss their health and wellbeing, how they manage their daily routines and think about their social activities and wellbeing.

Following the review, the Reviewing Officer can make recommendations to the present care package; make referrals to other professionals, e.g. Social Workers, Occupational Health Service, Cleaning Services etc. and also signpost to Third Sector services such as Age Concern IOM and Live at Home Schemes. Each service user receives a copy of the minutes of the review meeting, which will contain any recommendations made and the date of the next review meeting, together with an opportunity to comment on any aspect of the review they disagree with. In addition, in order to continually improve the service, all service users are given the opportunity to comment on their experience of their review via a service user feedback form.

Introducing
Dominic Gordon &
William Kelly



GREENFIELD GARDEN
CENTRE

**CHRISTMAS WREATH
WORKSHOP**

**ON SATURDAY 26TH NOV, 3RD DEC AND
10TH DEC 2016**

**COME AND MAKE YOUR OWN
TRADITIONAL CHRISTMAS WREATH
AND PERSONALISE TO YOUR TASTE**

One and a half hour workshops- Materials provided-Hot drinks and mince
pies.

Standard Price **£25** Includes 1 x Wreath*

Family Price (Standard price **£25** plus **£5** per child) Includes 1 x Wreath*
and Children's Craft

*Additional Wreaths **£15** Each*

MORNING SESSION 10-12, AFTERNOON SESSION 13.30-15.30
RESERVATION ONLY

**RING 670649 MONDAY -FRIDAY 9-4PM TO
RESERVE A PLACE**

Greenfield Garden Centre is part of Day Services Social Firm supporting adults
with learning disabilities for a brighter future



What is Reablement?

The Reablement service was introduced last year by Adult Social Care as part of its Rebalancing Programme to support people to live well at home for longer. It is a short, intensive period of support to help people who have been assessed as having care needs to maximise their level of independence by learning or relearning the skills necessary for day to day living.

We provide the Reablement service to people who we assess will be able to regain the skills and have confidence to live more independently at home following our support. We provide the service across the island free of charge for up to 6 weeks to adults (people over the age of 18) in their own homes. The team consists of a Reablement Manager, Occupational Therapist, Referral and Assessment Officers and Reablement Support Workers. They work with people to identify what they can achieve and then support them to achieve their goals over the course of the programme. Since its launch in July 2014 the service has supported over 300 people each year to regain their independence. Feedback from people who have gone through the service includes the following comments:

“I have nothing but praise for all the carers who came to me, some for only one visit. I would not have either managed when I first came home from hospital, or made progress without the Reablement team.”

“I cannot say how helpful my rehab support worker has been. She has been wonderful both on a professional level to help with my needs and on a social level to make me smile.”

“Thank you to your team of helpers who provide a wonderful service for people leaving hospital.”

Referrals for Reablement should come through a professional e.g. Occupational Therapist, Social Worker, Hospital Consultant, Specialist Nurses and Therapists departments. If you want to find out more about the service you can ring Adult Services Access Team on 686179 or visit the Government's website:

<http://www.gov.im/categories/caring-and-support/adult-social-care/adult-services-for-older-people/reablement/>

Social Firm



The Social Firm has been busy over the summer months holding stalls at various fayres around the island, raising £420. They have also run a summer hanging basket workshop which helped raise £375.

TT brought the return of the TT café which helped raise £1,369.

