



Your Guide to Care and Support for Adults

We are very pleased to announce that an updated copy of “your guide to care and support for adults” is now available. If you are unfamiliar with this publication, it contains lots of useful information to enable people to stay independent in their own homes for as long as possible. There is information about how to get help and support, what kind of services are available and details of other organisations that can help.

An e-book/PDF version can be viewed from this link (on the right hand side of the page) www.norfolk.gov.uk/careservices and it is available free in libraries, GP surgeries and other places across Norfolk (including acute hospitals, Age UK Norfolk/Norwich). If you would like to order bulk paper copies if you are a statutory or voluntary organisation, you can do so through our Health Information Leaflet Service (HILS) team. Please visit: <https://brochure.norfolklivingwell.org.uk/product/norfolk-your-guide-to-care-and-support-for-adults-201920>

Please note, “Orders for leaflets, posters, and other promotional materials are distributed via the contracted courier provider. The van calls at GP surgeries and some pharmacies throughout Norfolk, as well as a number of health and community settings. If your location isn’t on our delivery route, you can nominate your nearest library as a collection point, who will take delivery of your order for you to pick up when convenient (please allow 3 working days). A list of delivery and collection points will be available when you check out.”

Members of the public can either visit their local library for a copy, or request one through our customer service centre by email information@norfolk.gov.uk or by phone on 0344 800 80 20.”

If your organisation has previously downloaded a copy of the 2018/19 version of the Guide which is available on your website, could this be updated with the 2019/20 copy. Please do contact me if you have any questions, and thank you in advance for your help.

Kind regards,

Rosemary

On behalf of the Development Worker team

Rosemary Henderson, Development Worker (information)

Adult Social Services

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Training

Contributes significantly towards Subjects 1, 4, 5, 7 and 8 on the Dementia Standards Training Framework 2018

DEMENTIA DETECTIVES: Finding the person within

Day 1: Dementia - The Wider Picture
Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics (including Signs and Symptoms)

Day 2: Dementia - Distressed Behaviour / Communication
What to say when someone says... What to do when someone does...

Dates:
Tuesday 11th June & Thursday 13th June 2019
Tuesday 30th July & Wednesday 31st July 2019
Tuesday 20th August & Wednesday 21st August 2019
Tuesday 22nd October & Wednesday 23rd October 2019
Tuesday 26th November & Wednesday 27th November 2019
Tuesday 3rd December & Wednesday 4th December 2019

Price: £17 per day or attend both days for a reduced price of £100. 8.45am - 4pm each day at The Willow Centre, Cringleford, Norwich NR4 7J
(The days are designed to be booked as a two-day workshop)

To find out more and to book your place please contact Claire Gilbert on 07584 047996 or email claire@carerite.co.uk

Carerite



Upcoming Open Workshops – Norfolk & Waveney

Run by an experienced diabetes specialist nurse who also works within the NHS

Diabetes Awareness Training, £50pp:

10 May 2019*; St Nicholas House Care Home, Littlefields, Dereham NR19 1BG

5 July 2019*; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

**followed by optional BGM & Glucometer Training (with competency assessment) after lunch, £40pp.*

Diabetes Update for Registered Nurses, £65pp:

23 May 2019; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

(to coincide with national INSULIN SAFETY WEEK 20-26 May 2019 **£58pp**)

Diabetic Foot Screening, £50pp:

10 June 2019 (9.30-13.00) during 'Diabetes Awareness Week'; St Nicholas House Care Home, Littlefields, Dereham NR19 1BG

7 June 2019; St David's Nursing Home, 52 Common Lane, Sheringham, NR26 8PW

Oct 2019; Beccles House, Beccles, NR34 9BN - please contact us to register your interest

Diabetes & Healthy Eating, £32pp:

10 June 2019 (14.30-16.30) during 'Diabetes Awareness Week'; St Nicholas House Care Home, Littlefields, Dereham NR19 1BG

More information, including the content of all our workshops, can be found at <https://www.duetdiabetes.co.uk/workshops>

Or contact us: info@duetdiabetes.co.uk 01799 584178

Additional workshops are currently being arranged for September onwards across Norfolk – if you are potentially interested please get in touch, so that we can make sure the venues work for people wanting to attend.

Our workshops can also be delivered 'in house' at your place of work for up to 12 people, please contact us for a price.

Diabetes Awareness week 10-16 June 2019

This is an annual UK-wide event set up by the charity Diabetes UK with the week devoted to raising awareness of diabetes and raising money to help fund research into the condition. The theme for this year is 'See Diabetes Differently'. Lots of activities and events will be taking place across the UK and we would encourage all health and social care providers to get involved.

#SeeDiabetesDifferently

On the first day of this national campaign, DUET diabetes is running two workshops in Dereham:

Date: 10 June 2019

Venue: St Nicholas House Care Home, Littlefields, Dereham NR19 1BG

Cost: Diabetic Foot Screening (including competency assessment) £50 per person, Diabetes & Healthy Eating £32

Time: Diabetic Foot Screening 9.30am – 1pm, Diabetes & Healthy Eating 2.30pm-4.30pm

Information regarding the content of the DUET diabetes workshops can be found at <https://www.duetdiabetes.co.uk/workshops>

Or contact: info@duetdiabetes.co.uk 01799 584178

Workshops can also be delivered in house at your place of work for up to 12 people, please contact DUET diabetes for prices

DUET diabetes Ltd has learning provider endorsement from Norfolk & Suffolk Care Support Ltd.

Events

Care For Norfolk Conference 2019 22nd May 2019 - 09:30am - 16:00pm Norwich City Football Club	
Top of the Terrace Theatre	Norfolk Lounge Theatre
 <p>10:00am - Claire Gilbert Leadership & Management within Health & Social Care</p>	 <p>10:15am - Heather Edwards Capturing identities in sound</p>
 <p>10:45am - Outstanding Panel What you can do to make your service outstanding</p>	 <p>11:00am - Christine Futter (Norfolk & Suffolk Care Support) Nursing Associates Programme</p>
 <p>11:30am - Walter Lloyd-Smith (Norfolk Safeguarding Adults Board) New Safeguarding Framework</p>	 <p>11:45am - Jennifer Bute How to best support people with dementia - from a GP diagnosed with dementia</p>
 <p>12:15pm - Emma Hammond (Norfolk County Council) Staff Recruitment & Retention</p>	 <p>12:30pm - Outstanding Panel What to look for when trying to source quality care</p>
 <p>13:45pm - Nadra Ahmed OBE (National Care Association) TBC</p>	 <p>14:00pm - Helen Stephen DUET diabetes Diabetes and healthy eating: getting the balance right</p>
 <p>14:30pm - Dr Fiona Headley Electronic medicines management and use of data for better care</p>	 <p>14:45pm - Mick Feather How to prepare for your next CQC Inspection - from an ex inspector</p>
 <p>15:15pm - Irene Karrouze & Kayleigh Attew Are you ready for when the fax is axed? how to get your NHS email account</p>	<p>To book your free tickets visit www.carefornorfolkconference.co.uk 01603 574079</p>
	<p>Sponsored by </p>

Insulin Safety Week (ISW) 20-26 May 2019

The organisers of this national campaign are keen to reach out to care providers looking after people who require insulin. After a very successful inaugural year in 2018, we would encourage care homes to get involved by registering and take part to raise awareness amongst colleagues, families and patients/residents/service users. Like hospitals and GP practices, care homes can run events and activities to improve understanding and reduce

insulin errors. Organisations who register will receive various resources (both on-line and printed items) to support their events, as well as balloons and t-shirts to help promote their actions. #THINKINSULIN

<https://insulinsafetyweek.com/>

**NORFOLK
CARE**
CAREERS & JOBS

www.norfolkcarecareers.co.uk



Are you Proud2Care?

Enter our monthly competition for a chance to win a £25 high street shopping voucher

We want to know why you are Proud2Care! To enter, please ask your manager to email your career story. In approximately 250 words or less, we want to hear about your role along with the challenges and successes that make you our worthy Proud2Care Carer of the Month.

Email your entry to: marketing@norfolk.gov.uk along with your completed consent form (please see reverse side).

Emails must be entitled Proud2Care
Competition closes at the end of each month for entry into the following months draw.
This competition will end on 31st December 2019.
Terms and conditions apply.



Norfolk County Council

Proud2Care Competition Consent Form



Norfolk County Council want to ask for your agreement to take and use photographs / video of you and your career story for publicity purposes.

We will only use these images for promotional purposes such as promoting Norfolk County Council services or those of Norfolk Care Careers on our website, social media (Facebook, Twitter, YouTube), newsletters, display boards and in the local news media. We will store images in line with General Data Protection Regulations (GDPR), the Data Protection Act 2018 and Norfolk County Council's privacy guidelines. We will keep and use these images for a maximum of two years.

These images will **NOT** be used:

- for anything that may be viewed as negative in tone or that may cause offence, embarrassment or distress.
- in any new publication or display more than two years after the image was taken.

You will be able to view the images and your career story at any time during this period. You can withdraw your agreement for us to use images of you and your career story at any time by emailing us at marketing@norfolk.gov.uk in which case they will not be used in future publications but may continue to appear in publications already in circulation.

If you wish to give your consent please read the following and sign below:

Having read the information above, I confirm that I am over 18 and consent to the images, photographs or videos of me and my career story taken on (date) being used for promotional purposes in the following media:

- Norfolk County Council website/Norfolk Care Careers website
- Social media (Facebook, Twitter, YouTube)
- Newsletters
- Display boards
- In the local news media

Your name (block capitals)	Signature
Email (block capitals)	