



**NEW** news items & important updates have been posted on Norfolk SAB's website

**NSAB Board Manager's February blog is now available**

*Conversations on the stairs*

## New NEWS ITEMS

- *Using the power of data to help address homelessness in the UK | 17 February 2020*
- *Self-neglect & hoarding - **NEW** Learning Support Document | 17 February 2020*
- ***Job opportunity - Norfolk Safeguarding Adults Practice Consultant | 17 February 2020***
- *Norfolk Police - how's our interaction? | 17 February 2020*
- *New tools for companies on modern slavery statement | 14 February 2020*
- *Norwich City FC appoints new head of safeguarding | 13 February 2020*
- *Journal article 'It spreads like a creeping disease': experiences of victims of disability hate crimes in austerity Britain | 13 February 2020*
- ***New guidance leaflet on DBS checks for adult social care roles | 12 February 2020***
- *Evidence scope: Loneliness and social work | 7 February 2020*
- *Articles of interest on domestic abuse | 7 February 2020*

- *Female genital mutilation: resource pack* | 6 February 2020
- *CQC publishes its annual report on monitoring the Mental Health Act* | 6 February 2020

Please go to: [Norfolk Safeguarding Adults Board \(NSAB\) then click on news](#)

## Training

**CareRite** **endorsed**

### Experiential Dementia Workshops

**Day 1: Dementia – The Wider Picture**  
Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics

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

Thursday 26<sup>th</sup> & Friday 27<sup>th</sup> March 2020  
Wednesday 8<sup>th</sup> & Thursday 9<sup>th</sup> April 2020  
Tuesday 26<sup>th</sup> & Wednesday 27<sup>th</sup> May 2020

£87 per day/£180 both days  
The Willow Centre, Cragford  
Norwich  
NR4 7JJ  
9.30am – 3.30pm  
(The days are designed to be booked as a two-day workshop)

To find out more and book your place please contact Clave Gilbert  
07584 047996 [claire@carerite.co.uk](mailto:claire@carerite.co.uk)

**Now a mandatory part of the 'Dementia Champion' training & assessment process**

## Duet Diabetes

### **Diabetic Foot Screening training (including a competency assessment)**

This workshop is particularly useful for the ‘**diabetes champion**’ of any care setting. It goes beyond the everyday foot care / foot health check all carers should be familiar with when looking after someone living with diabetes. NICE recommends that people living with diabetes receive a diabetic foot assessment on diagnosis and at least annually thereafter.

As well as the theory and importance behind a diabetic foot assessment, the ‘hands on feet’ practical session allows the learners plenty of time to familiarise themselves with performing a diabetic foot assessment. In line with NICE and CQC guidance, this workshop provides the tools/processes that are

used to undertake an assessment and result in a risk score; the person performing the foot assessment is not required to make a clinical judgement.

**Next date:** 19 March 2020

**Venue:** Lydia Eva Court, 16 Peterhouse Avenue, Gorleston-on-Sea, NR31 7PZ

**Time:** 9.30am – 1.30pm

**Cost:** £55 per person (includes delegate pack, certificate, refreshments)

For further information or to book a place email [info@duetdiabetes.co.uk](mailto:info@duetdiabetes.co.uk) or call Lynne on 01799 584178

This workshop will be delivered by an **experienced HCPC registered podiatrist**



## Upcoming Open Workshops – Norfolk & Waveney

*Run by an experienced diabetes practitioner/educator (nurse) or podiatrist*

More dates are planned at various locations across Norfolk for all our open workshops in 2020 – please register your interest so that we can ensure venues are suitable for those looking to attend.

**Diabetes Awareness Training\***, £50pp:

April/May 2020; Norwich & North Norfolk

\*followed by Blood Glucose Monitoring and Glucometer Training after lunch (£40pp – including competency assessment)

**Diabetes Update for Registered Nurses**, £70pp:

24 Feb 2020; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

May 2020; Dereham

**Diabetic Foot Screening (including competency assessment)**, £55pp:

19 March 2020; Lydia Eva Court, 16 Peterhouse Avenue, Gorleston-on-Sea, NR31 7PZ

**Diabetes & Healthy Eating**, £32pp:

20 March 2020; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

May 2020; Norwich & North Norfolk

[info@duetdiabetes.co.uk](mailto:info@duetdiabetes.co.uk)

[www.duetdiabetes.co.uk](http://www.duetdiabetes.co.uk)

01799 584178

The full range of our workshops can be found on our website.

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

## FREE DEMENTIA TRAINING WORKSHOPS

For family carers and those who come into contact with people with dementia through their work

The training workshop consists of one 2 hour session covering:

1. Alzheimer's Disease & Other Dementia's – gives participants a good basic understanding of the condition, its symptoms and impact on behaviour.
2. Capturing Life's Journey – introduces the benefits of recording information about the life of the person and shows how this can be used to provide high quality care.
3. Techniques to Manage Behaviours – demonstrates how some understanding together with a number of simple techniques can have a very positive impact on the individual and carer alike.
4. Activities to Encourage Engagement – provides understanding, ideas and techniques to help the carer engage the person with dementia.

The workshops are run from the Home Instead Senior Care training suite in Norwich and are free of charge. Places are limited to provide a friendly, comfortable and welcoming environment. Alternatively, we can come out to your organisation or venue to run a session. Workshops are being run on the following dates:

Wednesday 12<sup>th</sup> February at 18:00

Thursday 5<sup>th</sup> March at 14:00

Tuesday 14<sup>th</sup> April at 18:00

Wednesday 6<sup>th</sup> May at 14:00

Tuesday 2<sup>nd</sup> June at 10:00

For more information or to reserve a place please email Mark Johnston at [mark.johnston@homeinstead.co.uk](mailto:mark.johnston@homeinstead.co.uk) or call 07776 060837

## Events

# Carers Conference West Norfolk

Wednesday 18 March 2020, 10am to 2pm  
Lynnsport, Table Tennis Centre, King's Lynn, PE30 2NB



\*Source: 2011 census showed that there were 6.5 million carers in the UK.

Information, advice and support to carers living across  
West Norfolk, Swaffham and surrounding villages.

Guest speakers on the day and over 40 local organisations  
attending. Free refreshments available.

For further information email  
[harry.clarke@west-norfolk.gov.uk](mailto:harry.clarke@west-norfolk.gov.uk)  
or call 01553 616200 option 6



Care &  
Repair



Careline  
COMMUNITY SERVICE

Borough Council of  
King's Lynn &  
West Norfolk



# Your Voice in South Norfolk

Network for later life

Formerly South Norfolk Older People's Forum



## **Open Meeting Agenda**

**Wednesday 25<sup>th</sup> March 2020**

**1.30 until 4.30pm.**

**Poringland Community Centre, NR14 7WB**

- 1.15pm**      Arrival and refreshments
- 1.30pm**      Welcome and housekeeping arrangements.
- 1.40pm**      **Henry Gowman** - Men's Sheds.
- 2.00pm**      **Local Pharmacist** – Services provided.
- 2.20pm**      **Rachel Hillier** - First Responder.

Refreshments and viewing of information stands.

### **Wiltshire Farm Foods offering food tasting**

There will be the usual chance to ask questions of the Speakers after their presentation

Chairman's Closing Address.

## **Information**

Hello,

In autumn 2019 Active Norfolk conducted a county-wide survey of people living with long term health conditions to gain insight into their attitudes, motivations, and barriers to physical activity. More than 1000 people responded, which is a fantastic result for a consultation of this type.

The survey asked questions about the number and type of conditions, severity of symptoms, physical activity levels, and motivations and barriers to activity. We've compiled the key findings from our consultation into a short report, please see attached.

Alongside this, we've developed an interactive dashboard so that stakeholders can view the results for themselves, manipulate the data, and see how variables interact with each other. With this information partners can gain insight that can help support decision making and identify new areas for service development.

**There are still areas of the county and specific long-term conditions where more data is needed – in particular diabetes, cardiovascular disease, and cancer.**

The survey has been re-opened, and we are encouraging our partners to continue to promote the survey to their service users. The dashboard will be regularly updated to reflect new data that's gathered.

View the interactive dashboard, and access a communications toolkit to help you share the survey at [www.activenorfolk.org/long-term-conditions](http://www.activenorfolk.org/long-term-conditions)

Thanks,  
Kristen

**Kristen Hall**

Marketing Communications Officer, Active Norfolk

## **New pharmacy referral service to help patients avoid hospital readmission**

Patients who have recently been discharged from hospital will get greater support from local pharmacy teams to manage their medicines

From July, hospitals will be able to refer patients who would benefit from extra guidance around new prescribed medicines to their community pharmacy.

Patients will be digitally referred to their pharmacy after discharge from hospital.

The NHS Discharge Medicines Service will help patients get the maximum benefits from new medicines they've been prescribed by giving them the opportunity to ask questions to pharmacists and ensuring any concerns are identified as early as possible.

This is part of the Health Secretary's 'Pharmacy First' approach to ease wider pressures on A&Es and General Practice.

A recent audit of NHS hospital discharges showed that 79% of patients were prescribed at least one new medication after being discharged from hospital.

New prescriptions can sometimes cause side effects, or interact with existing treatments, potentially leading to readmission.

Research by the National Institute for Health Research (NIHR) shows that people over 65 are less likely to be readmitted to hospital if they're given help with their medication after discharge.

Previous local schemes around the country have demonstrated that patients who see their community pharmacist after they've been in hospital are less likely to be readmitted and will experience a shorter stay if they are.