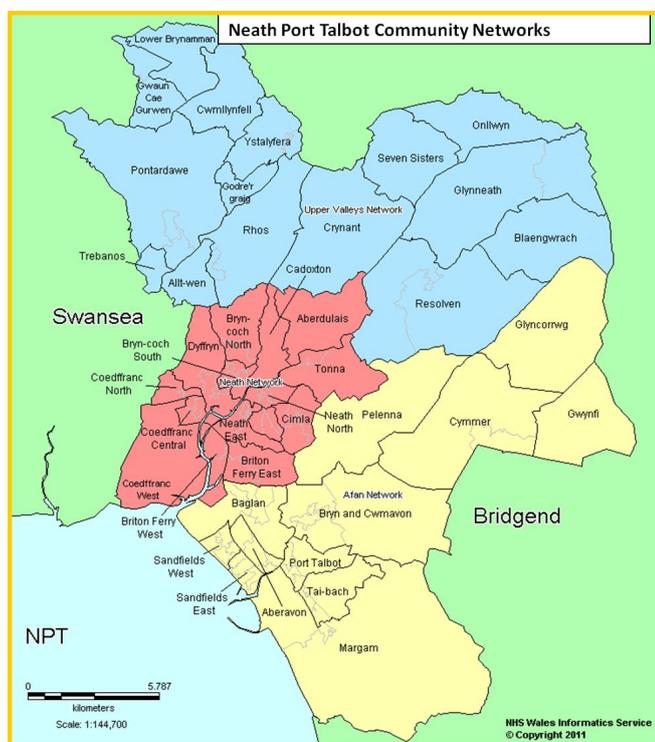




Future Development of Community Networks

Lindsay Davies, Head of Primary Care and Planning, NPT Locality

Many of you will be aware that three Community Networks were introduced in Neath Port Talbot in 2010 in the form of Upper Valleys (blue), Neath (red) and Afan (yellow) as illustrated in the map below.



Some of you will have been involved in Community Network meetings and will have an understanding of what they are trying to achieve. This newsletter and previous editions contain examples of the progress made through Community Networks to improve patient care by working in a more integrated way with Local Authority and Third sector colleagues, or to improve patient pathways and communication with secondary care.

However, in ABM, as elsewhere in Wales, progress has been variable and it is evident, e.g. through the struggle to attract and retain lead professionals, that more effort is required to

ensure Community Networks are set up in a way that will ensure they can fulfil the potential role outlined for them in *Setting the Direction*.



Lindsay Davies, Head of Primary Care and Planning, NPT Locality

The Health Board therefore wants to take the Community Networks to another level and make them central to the planning and development of services across the ABM area.

A discussion document, circulated last month to all practices and Community Network members seeking comments, proposes that, by March 2015, Community Networks will have been supported and developed in such a way as to enable them to be established as units of management and service delivery capable of:

- ◆ Improving population health
 - ◆ Developing primary care services
 - ◆ Managing community health services
 - ◆ Shaping service integration between health and social care
 - ◆ Driving pathway changes with secondary care....
- Continued on page 2*

“The Health Board wants to take community networks to another level and make them central to planning and development of services”

Future Development of Community Networks... *continued from page 1*

The Health Board's *Changing for the Better* Programme sets out to develop an integrated health care system designed to meet the needs and priorities of its citizens and comparable with the best in the world. The development of Community Networks is an essential part of this programme, as it is reliant upon stronger

and more extensive primary and community services. The discussion document states the commitment of the Health Board to this way forward and proposes how Community Networks can become critical to the development and delivery of services.

If you can make the time, please take a look at the proposals in the document. The Health Board would very much welcome your views on what you think will be required to ensure Community Networks have the capacity to operate at the level desired by all parties involved in them. Please send your views to Lindsay.Davies@wales.nhs.uk ASAP, ideally before the end of November, to inform the development plan that will emerge in the weeks that follow.

"By March 2015, Community networks should be established as units of management and service delivery ..."

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Locality Clinical Director's Update

Andy Muir, Clinical Director Primary Care, NPT Locality, ABMU

It is time for me to write an article for the newsletter again. This seems to come around more quickly every time. Perhaps this time though I shouldn't be too disheartened that we are still without a GP lead in the Neath and Afan Networks as I am hopeful that some of my former colleagues will be encouraged by the Health Board's statement of intention to develop and support networks become stronger and central to service planning and delivery.

Networks were set up in 2010 and since then there have been a great many useful projects undertaken that have improved services, including:

- ◆ Improved care of diabetics in the community;
- ◆ Early diagnosis and community care of patients with heart failure;
- ◆ Community-based pulmonary rehabilitation.
- ◆ PRISMATIC study;
- ◆ WAST 999 project enabling the ambulance service to refer directly to CISS);
- ◆ Supporting housebound patients on the DVT pathway;
- ◆ IV antibiotics in the community;
- ◆ Development of photo-dermatology;
- ◆ Improving access of students to primary care mental health services;
- ◆ Diagnostic template for DVT;
- ◆ Engagement with the voluntary sector;
- ◆ Improving uptake of flu vaccine.
- ◆ Respiratory advice line.

The momentum of developments led by networks needs to continue and it is vital that local GPs contribute with the other members of these teams to improve services for the people of Neath Port Talbot. The needs of our populations, and the services available to them are different from other localities and this needs to be



Andy Muir
NPT Clinical Director (Primary Care)

taken into account in future plans of the Health Board. The Health Board is keen for GPs in networks to be at the centre of Health Board management and a number of practical tools such as the Commissioning Activity Tool (*See Using Business Intelligence in Community Networks on page 7*) are being developed which are designed to give GPs and networks generally the information they need to ask questions about current service patterns and plan their future delivery.

By the time you read this we will have had the opportunity to discuss the proposals at the PT4L meeting. I know you all have views and want to hear them so I hope you will take the opportunity to give us your comments in writing too!

Since the closure of Gellinudd hospital in September resources have been transferred to the Community Resource Team to build its capacity

"The momentum of developments led by networks needs to continue and it is vital that local GPs contribute with the other members of these teams to improve services for the people of Neath Port Talbot"

further in order to be able to look after more people in the community.

This should mean that less people will have to be admitted to hospital when they can be treated in the community, and others will be able to be discharged earlier from hospital where this is appropriate.

I wish you all a happy Christmas and a prosperous new year.

ABMU and Council set to launch new Integrated Service for Neath Port Talbot

Andy Griffiths, Integrated Community Services Manager

ABMU and Neath Port Talbot Council are launching a new integrated service in the New Year.

The NPT Gateway will be operational in January. It's role will be to accept referrals from members of the public and professionals for the Community Resource Team (CRT).

The project, which has been supported by the European Social Fund through the Welsh Government, will build on the excellent foundations laid down by integrated working on the former Community Integrated Intermediate Care Service (CIIS).

The Gateway and CRT will work closely with other organisations and services which support independence.

The CRT is already operational. At a very well attended staff and stakeholders event in October, delegates heard how the CRT provides services for adults who need support to stay independent within their own homes or regain independence, mobility and confidence after an accident, illness, injury or deterioration in a condition. The team brings together staff from both ABMU and the Council.

The CRT includes the Assistive Technology Service, the Acute Clinical Team, the Community Occupational Therapy Team, the Reablement Team and the Sensory Support Team. It offers an improved service to patients and service users by ensuring that they get the right intervention, at the right time from the right professional. At the same time it simplifies the process for them because they will only need to deal with one

team for both their health and social care needs. The NPT Gateway will provide a single point of contact for the public and practitioners who need to refer into the CRT. It will also take referrals for adult social care.

The Gateway will operate from 8.30am to 5pm Monday to Thursday and 8.30am to 4.30pm on Fridays. The Gateway can be contacted via phone on **01639 686802** or by emailing thegateway@npt.gov.uk. Additional contact arrangements for professional referrals will also be in place.

In addition, the Gateway and CRT will work closely with other organisations and services which support independence. These include access to services such as Care and Repair for minor adaptations, NPT Homes or other Social housing providers in the area and the Council's Housing Renewal and Adaptation Services who manage Disabled Facilities Grants and can provide essential adaptations to give better freedom of movement into and around the home and access to essential facilities within it by widening doors and installing ramps or a stair lift, providing a level access shower instead of a bath, improving the heating system and repositioning the electrical controls.



From left to right: Councillor John Rogers, Claire Marchant, Nick Jarman, Fiona Reynolds and, Andy Griffiths at the staff and stakeholder event.



GPs Join the Fight Against Killer Bacteria



Rhys Howells, Pharmaceutical advisor, ABMU

GPs from across the area are joining forces and prescribing antibiotics only when absolutely necessary in an effort to save lives and slow down the number of bacteria becoming resistant to antibiotics.

When bacteria are resistant to certain antibiotics it means these antibiotics have no effect in treating the infections the bacteria cause. As a result people can be ill for longer and in some cases die.

Unfortunately, it isn't possible to stop bacteria becoming resistant. In fact, the more we use antibiotics, the more resistant bacterial infections become to them.

We can slow down the development of resistance and buy more time for the development of new antibiotics by not taking antibiotics unless it is really necessary.

GP Dr. Sean Young, a Bridgend GP leading work on antibiotic prescribing, explains: *"This is a*

"For mild infections antibiotics aren't always necessary as our bodies can fight them alone".

very serious situation. We are already seeing antibiotics struggling to treat serious infections such as MRSA and putting lives at risk. This is only going to get worse so we have to act now.

"As GPs we have a responsibility to our patients now and in the future. One way we are going to help our patients is by only prescribing antibiotics when we think they are absolutely necessary.

"For mild infections antibiotics aren't always necessary as our bodies can fight them alone. It is when the infection is severe and possibly life threatening that antibiotics are most needed.

"By not prescribing antibiotics for mild infections we don't give the bacteria the chance to become resistant. Not only does this mean you won't be carrying resistant bacteria, which you can pass on to others, it



also means that if you have a serious infection in the future you and the antibiotics have a fighting chance."

If your doctor decides you need antibiotics you can still help minimise the risk of the infection becoming resistant by making sure you take the antibiotics as directed and complete the course. This gives your body the best chance of getting rid of the bacteria completely. If you don't, the bacteria may remain and develop resistance which will be hard to kill.

Summing up the feelings of GPs Dr Young said: *"We don't want to see patients and families suffering because antibiotics can't help them. We are here to save lives and we are going to do all we can to help in the fight against antibiotic resistance."*

For further information on the fight against antibiotic resistance visit

www.abm.wales.nhs.uk/antibioticresistance

Advice Booklets for people Newly Diagnosed with Type 2 Diabetes

The National Specialist Advisory Group for Diabetes in Wales has developed a user friendly booklet which provides advice for people newly diagnosed with type 2 Diabetes. The aim is to help patients:

- ◆ Make changes to their lifestyle to help control their diabetes
- ◆ Balance the demands of diabetes care in their daily lives and involve family or people close to them in the patient's care

The booklets have been distributed to GP practices in NPT and are to be given to relevant patients. The booklet can be viewed online at http://www.glycosmedia.com/library/Diabetes_A5_v10.pdf

Seasonal Influenza Vaccination Programme 2013/14

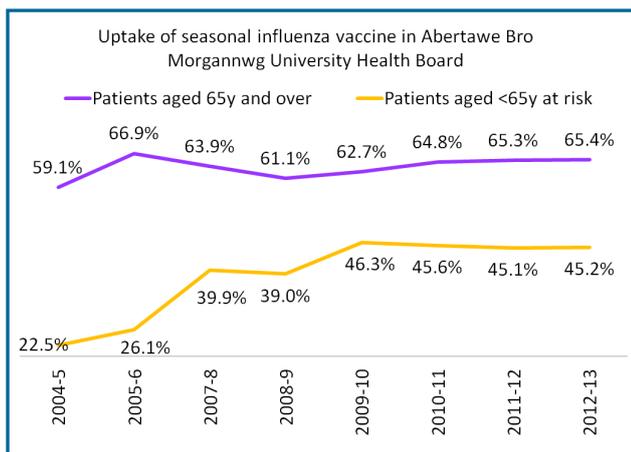


Sam Page, Primary Care Development Manager, ABMU

The purpose of the influenza immunisation programme is to offer protection to those who are at risk to minimise flu related morbidity, mortality, and hospital admissions. ABMU has an objective to achieve the Welsh Government NHS Wales Delivery Framework 2013/14 Tier 1 Target of:

- ◆ 75% uptake of influenza vaccination among people:
 - * 65 years and over
 - * Under 65 years in an at risk group, as defined by CMO letter
 - * Pregnant women
- ◆ 50% uptake of influenza vaccine amongst frontline healthcare workers

The chart below provides yearly uptake figures for ABMU:



Most recent uptake rates from Public Health Wales collected through Audit+ highlights activity as low with a slight improvement on people 65 and older. ABMU is reporting the second lowest uptake in Wales in patients aged 65 and older and in those at clinical risk. It is encouraging to see that Neath Port Talbot Locality currently has the highest uptake across ABMU. However, there remains the need to improve uptake in all groups especially <65 at risk.

GPs act as the main provider of the influenza vaccination service and most have in place a strong well structured annual programme. It is recognised that a high level of knowledge and positive attitude to immunisation in primary care staff is important to achieve high vaccine uptake. **Midwives** have a key role in promoting flu vaccination to pregnant women. Recent reported uptake in pregnant patients shows poor uptake across ABMU. Practices may want to explore ways of

linking best with midwifery services, so midwives can raise awareness of the flu vaccine for their patients. The **District nurse team** also play a vital role when considering how best to protect vulnerable housebound patients and work in collaboration with GPs. Residents of **Care Homes** are at increased risk and in some homes there are qualified staff who are competent to immunise and some that require the GP to attend and administer. Early planning ensures these vulnerable groups of people get protected in a timely way.

The first phase of a **childhood flu vaccination programme** for 2013-14 commenced on 1st September. This year the vaccine will be to all children between the ages of 2 and 3 years on 1 September 2013 through GPs, and to all children in school year 7 through school health services. The vaccine being used for most children is Fluenz, a live attenuated influenza vaccine (LAIV) administered by nasal spray. Eventually all children aged 2-16 years will be offered annual flu immunisation.

Currently ABMU has the 3rd lowest reported uptake with only 9.3% uptake for 2 and 3 year olds. Immunisation in Year 7 school children has reached 76.2% uptake which is the highest in Wales.

Community pharmacies are often visited by people within the identified risk groups. To support the work undertaken in general practice community pharmacies have been invited to take part in a seasonal flu programme. Ten community pharmacies in Neath Port Talbot have been invited on the basis that they reside in areas of low uptake and have longer opening hours i.e. open on a Saturday. The Patient Group Direction includes all target groups, with the exception of children. An up to date list of pharmacies offering the service can be found at: <http://www.wales.nhs.uk/sitesplus/documents/863/NHSFlu%20Jabs%20at%20Community%20Pharmacies.pdf>

Despite all these efforts there continues to be a wide variation in uptake achieved across ABMU and within Neath Port Talbot. Therefore practices are asked to consider what further support could be offered to improve uptake within their cohort of patients.

Health care staff with direct patient care should have an annual flu immunisation to protect themselves and their patients. Staff with direct patient contact should be actively encouraged to do so.

There is a dedicated ABMU webpage providing lots of information including FAQs, helpful links and downloadable leaflets at <http://www.wales.nhs.uk/sitesplus/863/page/69541>

Photo-dermatology

Dr Chiranjib Ghosh, GP lead, Upper Valleys Network

Following our successful launch of the 'CHEST HELP' pilot which is currently running in the Upper Valleys network and which has been expanded to the Neath network, we have started working on dermatology photographic referrals with the help of Dr Alun Evans, Consultant Dermatologist.



Dr Chiranjib Ghosh, GP Lead, Upper Valleys Network

Upper Valleys network has always, and will continue to, work towards improving the working relationship between primary and secondary care and in the process develop more effective referral pathways.

In the current economic climate where additional funding is hard to get, our network will work to improve in the areas where existing resources can be used to develop new services. One such service is the photographic dermatology referral service.

Since the films for the Polaroid camera became extinct, the previous system of sending photos with the dermatology referral is no longer possible; a huge disappointment to

GPs. But this has given us an opportunity to think afresh and find a better way of working. So I am glad to announce that all GPs and practice nurses in Neath Port Talbot can now attach digital photographs to their referrals, accessible directly by the Dermatologist who can act upon it. This will help the Consultants to use the photographs as an aid to triaging referrals.

In some cases after seeing the photo the consultant may refer the patient directly to another speciality e.g. Plastic surgery without seeing the patient in the dermatology department. In other cases the consultant may feel that the patient can be managed by the GP and will write directly to the GP without seeing the patient in person. Studies have shown that this method is safe, improves efficiency, reduces demand for dermatology services and has a high rate of patient satisfaction.

I am confident that if all of us use this referral pathway, we will contribute towards a service which will be universally beneficial to patients, primary care and secondary care.

Using Business Intelligence in Community Networks

A new Commissioning Activity Tool (CAT) is to be trialled in community networks across ABMU. This tool will enable networks to gain greater insight into exactly how and where NHS money is spent on patients from primary, community and secondary care.

The tool is being introduced in the first instance to the Neath Network and will be accessible through the Community Networks information portal which is also being tested in Neath network.

The CAT demonstrates the total Health Board consumption in acute services, community services, mental health and learning disabili-

ties and primary care services and can be drilled down to individual GP practice level. Its purpose is to assist networks in making planning decisions, assessing local needs, facilitating better joined up and integrated working and making decisions about how local resources should be deployed.

The project team are now rolling out training on how to use the tool and following evaluation of the project will extend access to the tool to the other networks.



Celebrations and Developments in Domestic Abuse Services

Dawn Burford, Planning & Partnership Support Manager, ABMU

A Celebration Event at the Gwyn Hall, Neath on 24th October provided an opportunity to share the achievements of *Calan DVS*, a local domestic abuse service in their first year. The event was attended by over 70 representatives of different organisations including the Chair of the ABMU HB Domestic Abuse Forum, Nicola Edwards, service delivery partners, supporters and service users. Deputy Police and Crime Commissioner South Wales, Sophie Howe, delivered the keynote speech on the progress that South Wales Police is making to improve their own responses to domestic violence and abuse. Hayley

Williams, a previous service user, shared her experiences of an abusive relationship and her own emotive journey and spoke about the differences she has made in her life since receiving support from Calan DVS. The Event also launched a new website

www.calandvs.org.uk where professionals and members of the public can access information and resources including "Are you Safe?" posters and leaflets.

Awareness raising for International White Ribbon Day on Monday 25th November will start with the "Walk in her Shoes" event that Calan DVS are hosting in partnership with Neath Soroptomists on Saturday the 23rd November at Victoria Gardens, Neath. Husbands, brothers, sons, part-

ners, friends and work colleagues are invited to don a pair of women's shoes - flat or heels, it is up to them - the more sparkle, sequins and glitter the better! They will then walk a lap of the gardens to raise awareness of domestic violence and abuse.

The NPT Domestic Abuse One Stop Shop in Victoria Gardens, Neath will be officially opened by Alun Michael, Police and Crime Commissioner for South Wales, on White Ribbon Day, 25th November. Professionals working in NPT are encouraged to come along to an Open Afternoon, between 2-4pm, at No.17 Victoria Gardens to find out more about the services offered. Please contact Sian Tones, OSS Manager for further details stones@calandvs.org.uk

Support White Ribbon Day



The white ribbon has become the symbol for International day for the elimination of violence against women. This initiative started in 1991 when a few men in Canada decided to come together to urge men to wear the white ribbon as a

symbol of men's opposition to men's violence against women and to speak out against violence against women. The movement has grown rapidly and has been adopted in the UK and other countries.

"Millions of women and girls around the world are assaulted, beaten, raped, mutilated or even murdered in what constitutes appalling violations of their human rights. [...] We must fundamentally challenge the culture of discrimination that allows violence to continue. ... I call on all governments to make good on their pledges to end all forms of violence against women and girls in all parts of the world, and I urge all people to support this important goal."

Ban Ki-moon, Secretary-General of the United Nations, 25th of November 2012



Neath Port Talbot
Domestic Abuse One-Stop-Shop
17 Victoria Gardens, Neath, SA11 3AY

**You are warmly invited to attend our
Open Afternoon Drop-In
Anytime between
2.00pm & 4.00pm
Monday, 25 November, 2013
(White Ribbon Day)**

Delivered by :

Hafan Cymru
Port Talbot &
Afan Women's
Aid
Victim Support
Calan DVS

Supported by :

Neath Port Talbot
CBC
Welsh Govern-
ment
South Wales Po-
lice
Wales Probation
Trust

A golden opportunity to :-

**Find out about the services we provide
Have a look around the building at the facilities
we have**

Meet staff who are delivering services

Learn how to refer clients

Simply drop an email to Sian Tones to confirm your atten-
dance (email below)

For further information please phone 01639 622350

Email : enquiries@no17daservices.org.uk

17 Victoria Gardens, Neath, SA11 3AY



Llywodraeth Cymru
Welsh Government

The COASTAL Project - Over Coming Barriers to Employment!



Mike Jones, Neath Port Talbot County Borough Council

The COASTAL Project is a regional project involving the City and County of Swansea, Carmarthen, Pembrokeshire, Neath Port Talbot, Bridgend and Ceredigion aimed at helping people with illness and disabilities to get back into work through its specialist targeted support and interventions. The project is funded until June 2014.

Support ranges from helping people build some of the softer work related skills such as confidence, motivation, work place behaviour, and team work. Participants are also encouraged to use their initiative and to make decisions. People who have work experience but through recent illness or disability have found that they have not been able work but have the desire to get back into

work also benefit from the project.

Participants are also offered mentoring and job coaching, work experience and work tasters, non accredited and accredited training, job search and CV writing support.

The project has had particular success with people with mental health issues many of whom have not worked for several years. There is evidence that the quicker you can get the right support around people following a crisis, the greater the success, of trying to keep people functioning so that they have maintain a sense of purpose and value in

"The project has had particular success with people with mental health issues many of whom have not worked for several years"

their lives.

One participant said, *"I have suffered with depression for over twenty years and also had a number of health issues... I had not left the house for a number of years and did not mix with other people. Now I go to a structured environment and have a routine, I have also met people in small crowds. I have a reason to get up in the morning!"*

I am still on a learning curve thanks to the staff that tutor the group; they have brought me out of my shell. I feel more confident and part of the human race'

For more information about the project visit the Coastal website

www.coastalproject.co.uk or e-mail coastal@npt.gov.uk or telephone 01639685688



Implementing the Carers Measure in NPT GP Practices

Marie Amanoritsewor, Planning & Partnership Support Manager, ABMU

According to the 2011 Census, Neath Port Talbot has the largest percentage of its population providing unpaid care at 14.6% per cent (over 20,000 people), a proportion higher than any authority in the UK.

GP practices in Neath Port Talbot have been working with

the Health Board to ensure that Carers have appropriate information and advice and that they are involved in the planning of care for the person they care for. Alison James, Manager of Neath Port Talbot Carers Service has provided hands on training and support to the practices to enable them to carry out an assessment of their current practice and to develop practice

action plans. So far 14 out of the 23 practices in Neath Port Talbot have submitted action plans and Alison will be working with the rest to ensure that all practices are able to meet the needs of Carers.

Alison said, *"It has been rewarding working with the practices and as a result more carers are accessing our service and receiving the right information at the right time."*

Cook Together, Eat Together, Learn Together, Do together...in the Upper Valleys

Dean Cawsey, Communities First Manager, Western Valley Cluster,

The importance of nutrition is not lost on many people, and contrary to what some may think, this is true of Communities First residents. Despite a common misconception that many poorer people have bad diets, most recognise the need to be able to prepare fresh, wholesome food. Whilst such areas are often blighted with poor health statistics, there is no lack of appetite to want to learn how to cook healthy, tasty meals on a budget.

The Healthier Communities Team working across the Western Valleys Communities First Cluster recognise the urgency to meet this need, and have set about implementing the "Get Cooking" programme. This programme includes info events, demonstrations, and cooking sessions that are open to all, but are targeted at young parents, offering the greatest chance to maximize the impact of the project, as meals are cooked for families and the learning is embedded in the youngest members of the community.

It's not always easy to get involved in further education as an adult, but most people are happy to get involved in something as essential as cooking, and many times we have seen individuals go on to take part in other things, other community projects, other learning opportunities. In addition, it is important to recognise the value of such individuals doing things together, and indeed achieving together. So far, over 40 people have engaged in the Get Cooking programme, learning about healthy cooking and nutrition, as well as a further 40 people accessing help and support around broader wellbeing needs.

"It's not always easy to get involved in further education as an adult, but most people are happy to get involved in something as essential as cooking"

The power of such shared experiences is not to be underestimated, often providing the inspiration to do so many other things as well as the direct benefit of promoting healthy eating and the impact it has on chronic obesity, diabetes, coronary heart disease, and a range of associated health problems.

By working with ABMU, Primary Health Care Teams, and Public Health Wales, Western Valleys Communities First hopes to extend the reach of such projects - by working in partnership and maximizing resources - and in doing so extend the impact of the interventions within our communities.



Denise Lewis (Healthier Communities Project Manager), far right, with participants of the "Get Cooking" Programme

Pause for thought

On Change

They always say time changes things, but you actually have to change them yourself

Andy Warhol (1928 - 1987), The Philosophy of Andy Warhol

Nothing endures but change

Heraclitus (540 BC - 480 BC), from Diogenes Laertius, Lives of Eminent Philosophers

If you want change, you have to make it. If we want progress we have to drive it

Susan Rice, Stanford University Commencement, 2010



The Big Sunday Lunch



Emma Jones ~ NPTCVS

The Big Sunday Lunch project has been organised by a partnership between Neath Port Talbot CVS, Community Links Befriending Scheme and NPT Homes. A group has recently been set up and consists of local sheltered and older residents who have offered to volunteer and help organise social activities to benefit older people.

The aim of the Big Sunday Lunch is to offer all sheltered tenants the opportunity to get together, meet new people and have a meal together. A lot of older tenants have stated that they find week-

ends to be the most difficult and lonely time.

Approximately 65 Sheltered tenants attended each of the first two events held in the Four Winds hotel and included people from 15 different sheltered schemes from across the county borough. Entertainment was provided by a local Ladies choir from Port Talbot, Côr Serenata and the very talented singer, Kirstin Osbourne. The performances created a great atmosphere and many tenants joined in with the songs from the 50's to the 90's.

The feedback from the event was very positive:

- ◆ 100% stated they enjoyed the event and felt they had benefited from attending
- ◆ 89% stated they had met new people
- ◆ 96% stated they would come again
- ◆ 93% felt more confident to attend future activities

Future 'Big Sunday Lunch' events are currently being planned. For further information please contact Emma Jones, telephone 01639 631246, email em-maj@nptcvs.org.uk



Neath Port Talbot Locality Staff Raise Funds for Charity

Gower Macmarathon Walk 2013

*Lesley Morris, Nurse Assessor,
NP Locality*

The Gower Macmarathon walk is a 22 mile trek from Rhossili Bay to Bracelet Bay which takes place, usually in September, in order to raise funds in aid of Macmillan Cancer Support. This year the walk took place on Saturday 7th September and this was the 16th year for this event.

Walkers consist of a wide range of ages and their reason for taking part is equally as varied. Some also bring their dogs along but these need to be on a lead as several parts of the walk involve walking through grazing sheep. Some of the walkers are taking part in memory of a lost loved one or else to support someone they know who is receiving radiotherapy or chemotherapy treatment. On the other hand some of the participants do it for the sheer joy of getting to the finish after 22 miles of following a step coastal path that often entails descending into a bay only to have to climb out of it on the other side. The coastal path extends along south Gower and encompasses Mewslade, Port Eynon, Oxwich, Three Cliffs, Pwll Du, Brandy Cove, Caswell, Langland and Rother-slade Bays. The final ascent from Rother-slade is to Mumbles Cricket Club which sits on top of the headland at Mumbles.

For me, the feeling of reaching this destination is a mixture of elation, achievement, ecstasy

and relief. This is coupled with a sense of sorrow for those who are unable, for whatever reason, to take part in such a unifying event.

This year was the eighth time I had taken part in this walk and the second year for Pauline Emmett. We are both nurse assessors working in the Neath Port Talbot Locality Of-



From left to right: Lesley Morris, Jean O'Donovan and Pauline Emmett at the finish

fice based in Llandarcy. Preparing for such a challenging walk requires a great deal of time and energy and despite not being able to put in sufficient hours we managed to finish in good time and reasonable condition. We were accompanied by a long standing friend of mine, Jean O'Donovan.

There is a great sense of camaraderie amongst the walkers, along with a good deal of chatter, talking to people you are meeting for the first time and not forgetting, a little bit

of competition. The walk is supported by the St John Ambulance and they have two first aid posts along the way; one at Port Eynon and the other at Pennard. Local businesses also offer free bottles of drinking water and biscuits on route while some families become involved as they supply cold drinks, tea or coffee, biscuits or sweets from their front gardens.

Mumbles Cricket Club is an excellent venue for the 'Finishing Line'. There are people on the gates to welcome and applause as you arrive, looking more than a little dishevelled. There is food and drink available from the bar, usually to the accompaniment of a local band and a bouncy inflatable for boisterous children waiting the arrival of a family member or friend. A Certificate and Medal are handed out, sometimes by a local celebrity and Macmillan Cancer Support always send out a letter thanking you for your participation and notifying you of the total amount raised by the event.

Thanks are in order to Rebecca Cattell, Silvana Gad and Val Barry, Neath Port Talbot Locality staff who organised a McMillan Coffee Morning and raised the sum of £250.
Well done girls!!

Christmas Cheer ...



Caroline Ashwood, Kings Surgery, Port Talbot Resource Centre

Christmas – love it or loathe it – its on its way! Christmas is a time where expectations are high and the pressure is on to have the perfect day, where families come together and share in the good season. For many that just isn't the case; for many who are lonely Christmas simply magnifies the fact that they are on their own.

For the second year running, a team of great volunteers are coming together to provide Christmas Dinner on Christmas Day for those individuals

who, for many different reasons, find themselves alone.

Transport is provided if required, a full Turkey meal with all the trimmings, followed by the traditional Queens speech! There are also games and a seasonal quiz, with some Christmas Carols and a gift before returning home with a piece of Christmas Cake and a few Mince pies!

The Day is free of charge, only made possible by donations from individuals and local organisations, too many to mention but a huge thank you to them!



Volunteers provide free Christmas dinner for people who find themselves alone on Christmas Day

If you know of anybody, regardless of age please be sure to let us know. Lets put the real meaning of Christmas back into the day!

Please contact:

Caroline Ashwood – King's Surgery Resource Centre
07872560736

NPT Partners Enter into an Armed Forces Community Covenant



Community Covenant

Marie Amanoritsewor, Planning and Partnership Support Manager, ABMU

On 24th June 2013 a number of partners, including the Local Authority and ABMU Health Board, signed up to a Community Covenant which aims to encourage all parties in the Neath Port Talbot area to offer support to the local Armed Forces Community and make it easier for Service per-

sonnel, families and veterans to access the help and support they need. The covenant also aims to encourage the Armed Forces Community to do as much as they can to support their community and promote activities which integrates the service community into civilian life.

The Health Board is playing its part in meeting the health needs of veterans by offering support through the Veterans Health & Wellbeing Service which has been set up to help to improve the mental health and well-being of veterans. The drive is towards ensuring that there are sustainable, accessible and effective services that meet the needs of veter-

ans with mental health and wellbeing difficulties.

The Ministry of Defence has established a Community Covenant Grant Scheme to deliver financial support of between £100 - £250,000 to support projects that bring together the civilian and armed forces communities at local level. For more information about the community covenant follow the link <http://www.npt.gov.uk/default.aspx?page=10576>

For more information about the Veterans Health & Wellbeing Service <http://www.veteranswales.co.uk/local-health-boards/abertawe-bro-morgannwg/>



Symptom Checkers

The following symptom checkers which can help you, or someone you know, find out what to do or where to go are available on the NHS Direct website.

* Cold And Flu Checker	* Head Lice Symptom Checker
* Cough Symptom Checker	* Mole Symptom Checker
* Dental Symptom Checker	* Rectal Bleeding Symptom Checker
* Diarrhoea Symptom Checker	* Stings Symptom Checker
* Ear Problems Symptom Checker	* Sunburn Symptom Checker
* Hay Fever Symptom Checker	* Vomiting Symptom Checker

New Bus Service between NPT Hospital and Morrison Hospital

The newly introduced bus service between Port Talbot Bust Station via Neath Port Talbot Hospital and Port Talbot Resource Centre to Morrison Hospital which was introduced on 27th August 2013 for a period of 6 months continues to run. .

It is important that people use the service if they want them to continue.

Service X99

Bus Timetable

Route: Port Talbot Bus Station to Morrison Hospital (via Neath Port Talbot Hospital and Port Tal-

Monday to Friday (Service does not operate on Bank Holidays, Christmas Day, boxing Day and new year's Day)

Port Talbot Bus Station	09.00	10.00	12.00	14.00	16.00
Neath Port Talbot Hospital	09.05	10.05	12.05	14.05	16.05
Resource Centre	09.10	10.10	12.10	14.10	16.10
Morrison Hospital (Main Entrance)	09.25	10.25	12.25	14.25	16.25
Morrison Hospital (Main Entrance)	09.30	10.30	12.30	14.30	16.30
Resource Centre	09.45	10.45	12.45	14.45	16.45
Neath Port Talbot Hospital	09.50	10.50	12.50	14.50	16.50
Port Talbot Bus Station	09.55	10.55	12.55	14.55	16.55

Please contact us if you have any views, comments or suggestions. We would love to hear from you.

Neath Port Talbot Locality
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Neath
SA10 6JQ
01792326500

A Thank You and Farewell Note

Neath Port Talbot Locality would like to extend its thanks and warmest best wishes to two members of staff who are leaving the locality team.

Judith Lewis has been covering the maternity leave of Angharad Higgins and will be returning to her substantive role in ABMU Investigations and Redress Department at the end of November.

Mary Morris Partnership Support Manager and a regular contributor to this newsletter has recently retired ...profile in the next edition.

Both of them will be missed.

Consultation - Neurological Conditions Delivery Plan

Welsh Government has recently launched a 13 week consultation on the draft Neurological Conditions Delivery Plan.

The vision is for people with a neurological condition in Wales to have access to:

- ◆ high quality care wherever they live
- ◆ whatever their underlying neurological condition

- ◆ devoid of any prejudice in relation to their personal situation.

The consultation seeks comments and views on the content of the draft Neurological Conditions Delivery Plan and ends on the 31st of January 2014. Key documents and the consultation response form can be found at

<http://wales.gov.uk/consultations/healthsocialcare/?lang=en>.

Mental Health Support Groups set up in Neath Port Talbot

Gareth Bartley, Programme Manager, Mental Health, ABMU

Lynne Hopkins, a Community Development Worker in the Local Primary Mental Health Support Service has been busy developing new services and has set up three support groups in the Neath Port Talbot area. The function of the support groups is to bring people with common mental health issues together. The groups are proving helpful to those who attend and some of the participants have been sufficiently enthused to meet outside of the groups. As an example, four members of one particular group of 15 have set up a photography group and meet weekly at a pre-arranged venue. Members have also arranged a coffee afternoon at a local café. Each group has bonded well, welcomes new members and is ready to help individuals with

current difficulties; they feel comfortable in bringing topics for discussion within the group. One group member, Dorothy, said: "I came to the support group to help me overcome social phobia and agoraphobia and because I have little social contacts it helps me to remember how to interact with people...to help set the stage to return to work and to rebuild confidence. It also gets me out of the house so helps with my depression."

In all groups, there is a strong focus on recovery through peer support, with staff support being time limited, with the aim of the groups continuing without input from staff in the future.

Referral to the Local Primary Mental Support Service is via a person's General Practitioner and information is available to GPs via the GP Portal.