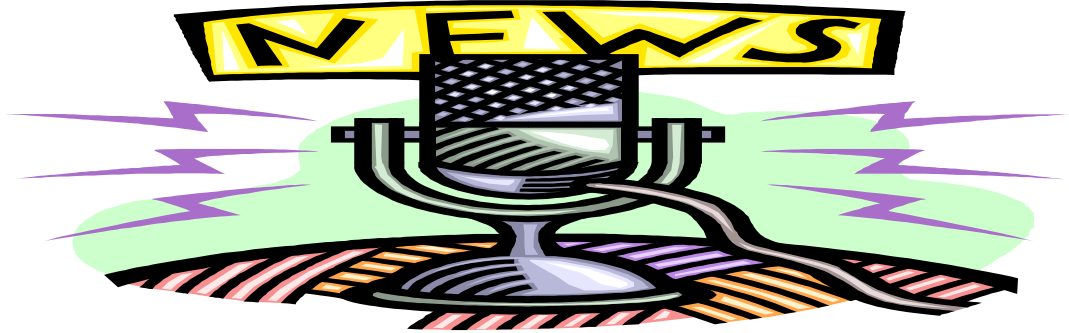


WOODSIDE DAY CENTRE USER FORUM



**By
Michael Sidaway
(Forum Lead)**

**Welcome to the 46th edition of the User Forum News.
Newsletters will be out every two months.**

September 2017

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THE TWO PREVIOUS USER FORUM MEETINGS

Thursday 17th August 2017

Trish Taylor the Senior Commissioning Manager – Mental Health from Dudley Commissioning Group (CCG). I was hoping to get some feedback from Trish's presentation she did. I only had my brief notes what I put.

Purchase of service, redesigned of the service. Dudley and Walsall Mental Health Trust, Black Country Foundation Trust and Birmingham Community Trust to join together as one organisation from October.

She mentioned about Bushey Fields Hospital about too many beds.

Networks in Mental Health.

CCG supports Rethink, carers support and other support services out there.

Monday 11th September 2017

Charlotte Bennett from Dudley Warm Homes came to do a talk on the service.

Keeping warm is important to stay healthy in the winter.

The council can help anyone who is having problems staying warm perhaps because their heating is broken, or they do not know the best way to work their heating or because the bills are too expensive.

The council can help people check if they can get a warm home discount of £140 to help with their winter bills.

Smart meters help people to have accurate bills and to make sure that they are not paying too much for their gas and electricity. Smart meters are fitted by the company you have your gas and electricity from.

They replace your old meter, one for gas and one for electricity and should be in the same place – maybe inside your home or maybe in a box outside your home.

There is no cost to having a smart meter fitted, you can still pay by the same method, whether this is topping up a card or key, direct debit or using a payment plan.

All companies must offer smart meters to customers by 2020, even if they have pre-payment meters that they top up, or of their rent their homes.

Most people will have smart meters fitted within the next three years – you can your company or wait for them to contact you. Smart metres automatically send gas and electric readings back to your supplier.

Smart metres also come with a display for inside home that shows how much gas and electric is being used (in home display or IHD).

They help customers to make savings and to budget for costs of gas and electricity.

The displays can look different depending on which company they are from but they have to show the same information by law, some have been designed to help people with sight difficulties and other disabilities.

If you're having a smart metre installed you will have make an appointment – no one should just turn up out of the blue – if anyone does do not let them in your home. Installing a new smart meter can take up to two hours and you have to be in during the appointment, make sure there is clear access to the meter.

The gas or electricity supply will be cut off during some of this time.

The engineer will explain how the meter and the in home display work, they will also do some safety checks if the gas smart meter that is being installed.

The council can help you to request a smart meter, get one fitted and understand how it all works.

For help with any of the above you can call the Home Improvements service on 01384 817086.

By Charlotte Bennett

DATE OF NEXT TWO MEETING AND GUEST SPEAKERS

On Tuesday 10th October Lucy Nearney from the Participation Development Team (Housing) will be attending.

On the last meeting of the year, Wednesday 15th November Sam Billingham from Survivor of Domestic Abuse (SODA) will be attending.

HEALTHWATCH DUDLEY PEOPLE'S EVENT

I did attend the Healthwatch Dudley event on Wednesday 6th September starting at 10.45am till 1.30pm. I did send a email to Melissa Guest to send me feedback information from the event, but I had no reply from the team. I can't remember very much on the event.

NETHERTON BOAT FESTIVAL

On Sunday 10th September I attended the annual Black Country Boating Festival, the 32nd at the Bumble Hole Nature Reserve, Windmill End, Netherton from 11.30am-1pm. It was a lovely sunny day at the time which brought big a crowd. It was open from 10am-5pm for the two days. Free admission, free parking. There was trade and crafts stalls, traditional boats, heavy horses, fun fair, boat trips, real ale & cider, live music on two stages, classic cars, fun dog show. The refreshments and food on offer were expensive as you would expect. I normally have my own bottled water. I didn't have nothing to eat, I had my Sunday lunch when I got home. I would normally have a cheeseburger on the day the times I have been to this event throughout the years.

WESTON-SUPER-MARE

On Tuesday 12th September the centre had another day trip out this time to Weston-Super-Mare. I did not go myself. I can imagine the journey going went OK and those who went had a good time with a good journey home. I used to like Weston-Super-Mare the last few years it has changed and not so good as it was. The Pier probably remains the same.

GOOD FOOD LOW-FAT FEASTS

Quick Fish Rissoto. Ingredients : One onion, finely chopped. One garlic clove, finely chopped. One vegetable or fish stock cube. 250g/9oz risotto rice. 250g/9oz smoked cod or haddock, skinned and cut into chunks. Large cupful of frozen peas. Large knob of butter. One lemon, cut into eight wedges, to serve. Takes 20 minutes Serves 4

1. Put the onion and garlic in a large heatproof non-metallic bowl with the stock cube and 300ml/half pint of boiling water. Stir well, then cover and microwave on High for 3 minutes.
 2. Stir in the rice with another 300ml/half pint of boiling water, cover and microwave on High for 10 minutes, stirring after 5 minutes.
 3. Stir the fish into the rice with the peas and another 300ml/half pint of boiling water. Cover and microwave on High for 4 minutes. Check the rice is cooked – if not, cook for another minute. Leave to stand for 1-2 minutes for the liquid to be absorbed. Stir in the butter and season well. Serve hot with lemon wedges.
- Per serving 179 calories, protein 5g, Carbohydrate 19g, fat 10g, saturated fat 6g, fibre 3g, added sugar trace, salt 0.61g.

From Good Food 101 low-fat feast book by BBC Books.

CCG HEALTHCARE FORUM

On Thursday 21st I went to a Clinical Commissioning Group Healthcare Forum meeting at Brierley Hill Civic Hall 4.30pm-6.30pm. The speakers were –

Laura Broster who is the Director of Communications and Public Insight, Dudley CCG who introduced the meeting on this occasion.

Tapiwa Mtemachani the Commissioning Manager at Dudley CCG.

Dr. Ruth Tapparo who is a GP at 3, Villages Medical Centre.

Emily Smith who is from Officer of Public Health in Dudley.

James Cole who is the Specialist Placement and Recovery Manager.

Laura introduced the first speaker Emily Smith to give an Update on Progress.

- Dudley Adult Mental Health and Wellbeing Needs Assessment.
- Looks at the mental health needs of the whole adult population of Dudley, not a single group or individual.

- Looks at the needs from lots of different angles, including data, public views and partner organizations views.
- Public engagement work completed : many thanks to all who participated.
- Lots of examples of good care received from individual healthcare staff.
- Integrated Plus.
- Having regular reviews with your GP.
- Peer Support groups.

What you told us : what could work better

- People can wait a long time for treatment.
- Sometimes difficult to access support in a crisis.
- Not enough focus on helping prevent problems from happening in the first place (across the spectrum).

What you told us : how we could make things better.

- More joined-up working between different services.
- Recognising the links between mental and physical health.
- Greater access to talking therapies.
- Improve training for all healthcare staff on mental health.

Next Steps

- Use the Needs Assessment to develop a borough-wide mental health strategy.

Then Tapiwa Mtemachani and Dr Ruth Tappero took it in turns on there presentations. Tapiwa mentioned the Commissioning Intentions for 2018/19 – 2019/20.

Our Context

- More people requiring emergency services.
- More people requiring hospital care.
- More people requiring healthcare in general.
- Fewer Doctors working in Primary Care.
- Largely disjointed community services.

What we are doing

- **MCP Procurement**
- **Establishing an Accountable Care Organisation (ACO) (Community and Acute).**
- **Black Country Sustainability & Transformation Partnership (STP)**
- **Joint Committee**
- **Working towards an Accountable Care System (ACS).**

Meanwhile...

Deliver year 2 of Operation Plan :

- **Financial efficiency and sustainability.**
- **Primary Care efficiency and sustainability.**
- **Urgent & Emergency Care Standards.**
- **Efficient Elective Care.**

WOODSIDE AUTUMN FETE 20th SEPTEMBER

Well once again, big thank you to all stall holders, customers and visitors who made another wonderful day happen.

Lots of homemade crafts to buy, even early Christmas bargains to be had.

Judy and Neil's giant tombola drew the crowds in.

Nearly everyone was a winner in giant raffle.

We was also able to raise £105.00 for LUVS and £73.63 for McMillian Cancer Research. Thanks to all those who baked cakes, those who donated some, and of course those who ate them.

It is always rewarding to see the efforts service users go to sorting out goods to sell, stand there smiling and the joy of making some extra money for themselves regardless of their illness. Well done again to all of us.

Let's see if we can do a Christmas Special!!

By Christine George

DATES FOR 2017 DIARY

These are the dates for the User Forum Meetings (10.30am-11.20am) which is followed by the Monthly Communications Meetings for everyone till lunch time.

Monday 16th January – No meeting took place.

Tuesday 14th February – No meeting took place.

Wednesday 15th March – Vanessa Gill (Dudley Stroke Association). Plus 13 service users.

Thursday 13th April – Ken and Tracey McClymont, plus their P.A. and Hope their dog (Dudley Centre For Inclusive Living). Plus 26 service users.

Monday 15th May – Claire Savage (Step Up). Plus 15 service users.

Tuesday 13th June – Christine George (Woodside Crafts). Plus 15 service users.

Wednesday 12th July – There was no meeting.

Thursday 17th August – Trish Taylor (Dudley Clinical Commissioning Group). Plus 7 service users.

Monday 11th September – Charlotte Bennett (Warmth Homes). Plus 17 service users.

Tuesday 10th October – Lucy Nearney (Participation Development Team)

Wednesday 15th November – Sam Billingham (Survivor of Domestic Abuse)

I now have five provisional bookings for sometime in 2018 from
1. Telecare Talks. 2. Action Art. 3. Sarah Offley from Dudley Voices for Choice. 4. Carol Tromans who is a Community

Development Worker. 5. Mark Woodward from Rethink Mental Illness.

To service users, volunteers and staff. If you have any ideas of speakers or subjects you wish to cover for 2018 please see me. I will contact the relevant organisation/person for you.

If you have any issues, concerns, comments on services of Mental Health, Housing, at Woodside, or on any other local services you would like to put forward in a User Forum meeting Please see me before the next two meetings.

If any of my contacts would like to put an article in my newsletter about the service you provide or any events coming up on your service or would like to come to the centre to do a presentation for 2018 or you know of someone who may do, please contact me, I am always looking for new speakers from groups/organisations.

The forum is an independent group for all service users, volunteers and current students of the centre, which was formed in January 2003, where there is a meeting once a month.

All meetings start at 10.30am prompt with a five minute window for late attendees. After five minutes there will be no entry for people wishing to attend. There will be a door keeper outside door to stop anyone entering the meeting. Could those who have mobiles wish to attend the meeting to make sure they have their mobiles turned off, vibrate or on silent. Thank you. This is to respect my guest speaker, myself and those attending the meeting.

I invite speakers to do a presentation for 15-30 minutes or longer followed or with questions to the speaker.

I am the leader of the group where I provide a service with information and personal support. The group and this newsletter is officially supported by the Support Association for Mental Health (known as S.A.M.h) based at the Henry Lauth Centre, Bushey Fields Hospital, and Dudley and Walsall Mental Health Partnership Trust (DWMHPT).