

Growing Healthy Communities

Growing Healthy Communities: A Community Agriculture Strategy for Sandwell (2008-2012), has been commissioned by Sandwell Primary Care Trust (PCT) on behalf of Sandwell Partnership and Sandwell Metropolitan Borough Council.

The strategy has been developed through consultation with a wide range of statutory and civic society organisations and user groups, and builds on existing community agricultural activities such as the award winning 'local food scheme' Salop Drive Market Garden. The vision for community agriculture in Sandwell has been informed by what local people say they value, which includes "inclusivity, opportunity for all, and new routes to health and well-being."

The strategy will support further development of an expanded and coordinated community agriculture programme which includes,

- sustainable development
- public health nutrition
- social community and educational benefits
- resilience and food security

The Strategy, Growing Health Communities can be found at www.sandwell-pct.nhs.uk and www.webwell.org.uk.



Sandwell's Carer's Emergency Card Scheme Launch



Local carers got together with emergency services and other partner organisations to launch Sandwell's Emergency Card Scheme on Friday 5 December 2008.

What is the Carer's Emergency Card Scheme?

Many carers live with the worry of what would happen to the person they look after if something happened to them. The card scheme offers peace of mind for carers who are looking after someone who cannot manage on their own usually because of age, disability or ill-health.

How does it work?

Carers are issued with a card and key fob on request. The cards have a unique I.D. number on the back and the phone number of the 24 hour contact centre operated by Sandwell Homes Community Alarm Service. When carers apply for a card they register their details and essential information about the person they care for (such as medical conditions). They also nominate up to two people who can be contacted in an emergency. This is usually family or friends, or the Council's services if no one else is available.

If an emergency happens (for example, the carer is taken ill or injured in an accident) helpers finding the card phone the contact centre. The centre's staff will identify the carer from their database and call the people they have listed. If they are unavailable the centre will refer to Adult Services and Health for an urgent assessment.

How can carers get a card?

More information and registration forms are available in the following ways:

- By contacting Sandwell Homes Community Alarms on 0121 500 5500
- From local Adult Services and Health offices on 0845 358 2200
- From CARES Sandwell on 0121 558 7003
- By visiting the Council's website www.sandwell.gov.uk/cares

Making Sandwell Stop Smoking Service more accessible

Sandwell Stop Smoking Service has outlined important measures and activity to increase the numbers of smokers accessing the Sandwell Stop Smoking Services.

The service helps Sandwell residents to quit their habit through a number of ways including one-to-one and drop-in sessions, as well as telephone support and home visits for pregnant women. The service provides people with advice and support and a variety of ways to help with nicotine addiction, such as patches, gum and tablets.

A number of initiatives and an enhanced marketing programme are currently underway to help make the service more accessible and increase the numbers of smokers accessing the service.

New text service

A new free text service was introduced in November 2008. The text service was launched to increase the accessibility of the service via as many methods possible. People simply text **READY to 80800**. They receive a response text and then a follow up call from the service within 48 hours.

Access the Service via Local Enhanced Service Providers (LES)

The service can also be accessed by Local Enhanced Service Providers including GP's, Pharmacists, Dentists and community centres who can sign up to a contract and be paid for each referral made into the service and each successful quit attempt made.

Investment in staff

Further investment has been made in increasing the staff resource for the service to support these initiatives and enhance the service accessibility.

For more information about Sandwell Stop Smoking Service call 0800 073 1388, text **READY to 80800** or visit the website www.stopsmokingsandwell.co.uk.

For information about LES contact the LES co-ordinator on 0781 409 3910 or email shaleen.meelu@sandwell-pct.nhs.uk.

Alcohol Harm Reduction

The National Support Team for Alcohol Harm Reduction visited Sandwell Primary Care Trust and Partners in October and interviewed a number of people from the partnership. The team has offered support in facilitating various initiatives and have presented partners with an interim report.

Neil Parkes (Alcohol Strategy Development Manager) said, "Their support will help us to strengthen partnership working and the development of the Sandwell Alcohol Strategy. One of our main aims is to ultimately reduce the number of people in Sandwell who are admitted to hospital with alcohol-related harm."

"A local enhanced service has also been developed that rewards GPs for targeting people at risk on their practice lists. So far, 28 practices have expressed an interest in providing this service and we

are encouraging others to participate. We will be providing training for them to be able to begin providing the service in early 2009."

For more information about the Sandwell Alcohol Strategy contact Neil Parkes on 0121 612 5062.



Guiding you to a healthier lifestyle

Within the next two months, your local doctor and pharmacist will receive a brand new information pack about all the healthy lifestyle services available in Sandwell – ready to give you the information and support you need to live a healthier lifestyle.

The information pack contains the latest information about lifestyle help and support services in Sandwell. It also tells patients whether they can self-refer into a programme and your doctor or pharmacist will explain how to do this.

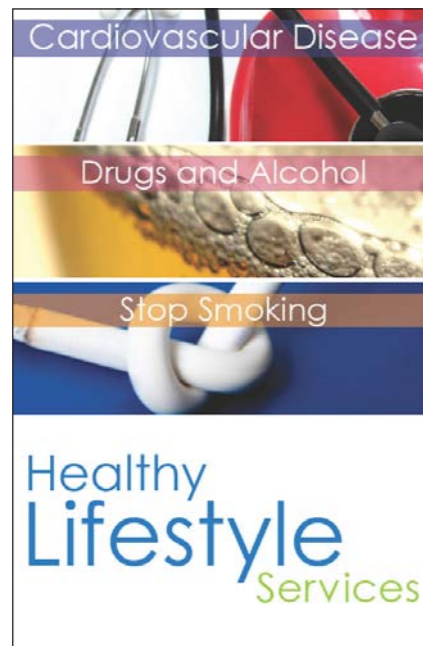
Lifestyle programmes within the pack cover heart disease, drugs and alcohol, stopping smoking, physical activity, healthy food and weight management, and emotional well-being.

This year, remember to ask your doctor or pharmacist about the many healthy lifestyle programmes in Sandwell. Make the change in 2009.

For further information visit www.webwell.org.uk.

If you would like further copies of Health and Well-being in Sandwell or a copy of this newsletter in a different format contact:

Joint Policy Unit/SPIN
Central Unit
Lombard Street West
West Bromwich
B70 8EB
Tel: 0121 569 2380
Fax: 0121 569 2384



Sandwell Local Involvement Network (LINK) update

Local Involvement Networks (LINKs) aim to give citizens a stronger voice in how their health and social care services are delivered. Run by local individuals and groups and independently supported by a host organisation - the role of LINKs is to find out what people want, monitor local services and to use their powers to hold them to account.

Sandwell host organisation, Black Country Housing Group has brought Sandwell Health and Well-being Board up to date with current and future plans. Sandwell LINK was officially launched on 17 October at the Bethel Convention Centre, West Bromwich. Local people, voluntary sector agencies and organisations from health and social care attended the launch and took part in workshop discussions about local services.

Sandwell LINK currently has 8 members on its management group and is aiming to have 12 members by February 2009, when the first official management group election will be held.

107 participants have so far signed up to Sandwell LINK.

Your Services, Your Say - You Can Make It Happen!

Following the success of the launch, Sandwell LINK is now planning a drop-in event on 23 January 2009 at West Bromwich Town Hall. Health and social care providers and information services will be there with displays and information about the services they provide.

If you wish to be involved in the event you can get in touch with Sandwell LINK Host Team on 0121 561 1969 or at SandwellLINK@bcha.co.uk.

Health and Well-being in Sandwell



Inside...

Tipton Canal

- Growing Healthy Communities
- Sandwell's Carer's Emergency Card Scheme Launch
- Making Sandwell Stop Smoking Service more accessible
- Alcohol Harm Reduction
- Guiding you to a healthier lifestyle
- Sandwell Local Involvement Network (LINK) update

www.webwell.org.uk