

Are you a Carer Having back pains? Need help and advice?

General advice on backcare

If a carer needs advice on looking after their back and other joints during the day-to-day activities they do while caring for someone the following services will offer advice and support:

Talks to small groups on general back care awareness can be accessed through Maureen White - Social Services Moving and Handling Coordinator Tel 01392 383501.

Leaving Hospital - The Hospital Discharge Team should make arrangements for appropriate training, support and equipment to be organised before someone is discharged from hospital. This may involve arranging home visits to plan for the discharge home while they are still in hospital or may involve home visits happening soon after the person has gone home.

If the carer has any concerns about managing at home then they should ask for support and advice when the discharge date is being discussed.

At home - If a specific issue in

the home arises e.g. helping the cared for person to get dressed, or in and out of bed, the carer should seek advice from any of the health or social care professionals they are already in contact with.

Reablement Teams (Community Teams)

These are health professionals who work in the community and provide help, support and advice to people in their own homes. The teams members may include:-

- Physiotherapists
- Nurses
- Occupational Therapists
- Speech and Language Therapists
- Therapy Assistants.

The aim of the Reablement Team is to help people maintain and maximise their independence at home. You can contact the Reablement Teams at:-

Tavistock – Tavistock Clinic, 70 Plymouth Road, Tavistock 01822 615935

Ivybridge – The Hayloft, St Olaf's Chapel, Puslinch Farm, Yealmpton 01752 881934

Kingsbridge – South Hams Hospital, Kingsbridge 01548 852349

Totnes – Totnes Hospital, Coronation Road, Totnes 01803 862622

Dartmouth - Dartmouth Hospital, Dartmouth 01803 832255

Social Services

If the cared for person is known to Social Services then the carer can ask for a Moving and Handling assessment. An Occupational Therapist (OT) would be asked to visit and would assess the situation with the cared for person and the carer. This should generate a risk assessment and if necessary a moving and handling plan. The Moving and Handling plan should be reviewed annually or if needs change a review can be requested.

Contact Social Services by ringing Care Direct on 0800 444000

Its Your Choice

A new way to make your hospital appointment

If you and your GP decide that you need to see a specialist for further treatment, you can now choose where to have your treatment from a list of hospitals.

Some GP practices are using Choose and Book to offer this choice. This system uses computers to provide the GP with hospital information and then sends the patients referral details electronically to the chosen hospital.

Patients can then choose the date and time of their appointment.

In South Hams and West Devon PCT Dartmouth was the first practice to offer this in July 2005. We now have half of our GP practices are operating Choose and Book and more practices are due to implement the system shortly.

For GP practices that are unable to use this electronic system, patients are still offered a choice of hospital and once selected, the hospital will contact the patient to arrange an appointment date and time.

The hospitals that patients can choose from for most services are-

Derriford Hospital, Plymouth
South Devon Health Trust, Torbay
Royal Devon and Exeter Hospital
Treliske Hospital, Truro
North Devon Healthcare Trust, Barnstaple

In addition local Community Hospitals are available for many Out Patient appointments.

In future other choices will be available including some private hospitals which will treat NHS patients.

For further information contact, Steve Green, Business manager for Service Innovation, South Hams and West Devon Primary Care Trust 01803 861846.

Stairways to success

The Stairways club was formed in Ivybridge in the summer 2005 and offer a range of activities from improve personal confidence and social interaction, to basic skills in literacy, numeracy and computing. Stairways aims to encourage physical fitness, social participation, personal awareness and enjoyment of the environment. This is achieved through project based work and activities.

Stairways has formed good links with parents and carers who value the local ongoing provision and continuity of care and respite. Local social services are delighted to refer people to the group as it provides another option in day care for patients. The group has a wide range of people attending from those in their early twenties, to those in their fifties and people with all different levels of learning disabilities.

If you would like further information about Stairways please



contact the following project leaders:

Ann Laity on 01752 691648

Margaret Grimoldby on 01752 894763

Monica Hefford on 01752 896997

South Hams Hospital Hands (Health and Safety)

Staff at South Hams Hospital in Kingsbridge have formed their own Health and Safety working group, which works as an advisory body on Health and Safety issues for the locality management team. The Group was initially set up 18 months ago by Robert Vaughan, who is the Chairman of the group and currently meet on a quarterly basis. So far, the group, which constantly monitors and reviews the hospital to reduce risks, have been responsible

for attaching an extra Hand Rail to the stairwell to aid climbing the stairs, the fitting of a safety gate for the Children's Clinic, to prevent babies from crawling around the hospital, grit bins on the grounds outside for gritting paths and roads, and have recently submitted the plans for a hand rail to be erected outside the main entrance along the drive leading to the entrance.

Robert Vaughan, Chairman of the Group said "we don't

tell management what needs improvements and when to carry out the improvements, but we do highlight potential risks and try to resolve them before accidents can happen." The group has been very successful in the 18months that they have been formed and will be continually looking to make further improvements in health and safety around the hospital in the future.

South Hams & West Devon Patient and Public Involvement Forum

The Forum members are currently completing the Annual Report for 2005 – 2006 and recognise that it has been a busy year. They would like to take this opportunity to thank all the PCT staff for their hard work and dedication in constantly trying to improve healthcare services and provision. With the current PCT Reconfiguration it's a time of great uncertainty but the Forum hopes to continue supporting the trust in bringing high quality healthcare to the local community.

Current Forum Work

The Forum recently held a successful community engagement day in Tavistock. Around 30 members of the local community including councillors, mayors and other stakeholders attended the event for an informal lunch and presentation from the Forum. The Forum is working extensively on dentistry and transport provision – both areas of high concern to the rural community. The day was a great success and members hope to be able to take forward work on these initiatives with the support of local people and the PCT.

Forum Membership

With the sudden and very sad passing away of Ida Miles (Forum Vice Chair) the Forum is now particularly low on members. If you know of any family, friends or colleagues that could spare 2-3 hours a week of their time and are interested in health issues please ask them to contact Ben Panton, Forum Advisor on 01404 549210 or ben@edvsa.org.uk who can supply more information about the work and role of the Forum

We want your views

The Forum work on behalf of the general public and are always interested to hear your views – good and bad about local healthcare.

PCT Leaflets

The PCT have a wide variety of leaflets on display through out all of our community hospitals which serve to give all our patients, carers friends and family all sorts of information. We provide our patients with information on the effects of smoking, organ donation,

advice on discharge from hospital, to advice from charity organisations on a whole range of diseases and illnesses. For a list of leaflets that are on display around the PCT please check out the website at www.shandwd-pct.nhs.uk