



Self Care Week: 16-22 November

<http://www.selfcareforum.org/events/self-care-week-resources/>

There are many overlaps between the ideas of self-care and supported self-management, with supported self-management often involving targeted specific support for people to increase their knowledge, skills, confidence and motivation to better self-care.

The national Self-Care Week is an annual national awareness event focusing on establishing support for self-care across communities, families and generations. Empowering individuals to self-care has many benefits for their short term and long term health and also helps to manage demand on health services.



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iNSPIRES

INSPIRATIONAL
NEWSLETTER
SOCIAL
PRESCRIBING
INFORMATION,
RESOURCES
EDUCATION-
SOMERSET

iNSPIRES aims to support the development of all those working in the rich and varied Social Prescribing landscape across Somerset, whatever your job title and whoever your employer.

Hopefully you will find it full of useful information and links to education and training currently available.

Please forward this newsletter on to colleagues. To receive the next newsletter directly, please contact

Deborah.Lane7@nhs.net

to be added to the mailing list.

Multi-disciplinary Team Meetings and co-producing Personalised Care

7 December 1pm – 3pm

The next SW regional Sharing and Learning Collaborative will focus on Multi-Disciplinary Team (MDT) meetings and how they can be used to co-produce personalised care and support for people in a variety of settings.

Practical examples will include primary and community care, care home and mental health settings, and there will be the opportunity for discussion and sharing your own experiences.

If you would like to receive a calendar invite with a teams link, please email

eng-land.swipc@nhs.net

Looking after your own Health & Wellbeing

Flu Vaccine: Frontline health and social care workers are eligible to a free flu vaccination

The government has announced an intention for all frontline health and social care workers to receive a free flu vaccination. This includes Social Prescribing Link Workers. Your PCN and GP practices making up the PCN are responsible for providing you with a vaccination. You should approach the PCN that you are attached to or employed by to discuss access.

If you are employed by a VCSE, Local Authority or other organisation on behalf of a PCN you are still entitled to a free flu vaccination through your PCN and GP practices, regardless of your permanent employer. If you encounter any difficulties through this route, you can try:

- If you are in an at-risk group that would usually get the flu vaccination e.g. if you have some types of long-term conditions you can access the vaccine via your GP as normal. You can approach your permanent employer if they have an employee vaccination scheme.

If you are unable to access a vaccine through these routes, please contact Rhian.Loughlin@nhs.net or

england.socialprescribing@nhs.net

Somerset Safe House

The General Practice Safe House is a virtual space providing a refuge and place of support for everyone working in primary care. The Safe House endeavours to provide practical advice whether you are seeking ways to build a productive and supportive work environment for your team or organisation, self-help methods to build resilience personally or more specific support for yourself or a colleague when troubled.

Virtual rooms include:

Self-help Gym: ideas to help you stay well/resilient

Stress Reduction Centre: for anyone feeling stressed or overwhelmed

<https://www.somersetsafehouse.co.uk/>

Children and Young People Learning Disability and Autism workshop

These South West Regional Webinars are a follow on from the national workshop on 11 November. They are for people with lived experience, parents and carers, frontline professionals, commissioners, managers and senior leaders from health, education and social care who are interested in more personalised services for children who use SEND, or adults using LD or Autism services. The webinars aim to:

- provide inspirational examples where personal health, education and social care budgets have been used to support people to live a full life that makes sense to the person.
- look at how we can support the South West to be a leader in facilitating the use of person-

al budgets.

- identify what support you need across health, education or social care to make this happen.

1st December 2020 (10.00 to 1.00). Please register for this event here :

<https://www.events.england.nhs.uk/events/personalisation-webinar-01-12-20>

Once you have registered, you will receive a diary invite with details on how to join via Microsoft Teams.

If you have any questions about the SW regional webinars contact Sarah Appleby at sarah.appleby11@nhs.net

Working with those at greater risk of Premature Frailty

“Frailty is where someone is less able to cope and recover from accidents, physical illness or other stressful events. It should be treated as a long term condition throughout adult life. This means starting with prevention and early identification of frailty and supporting people appropriately on the basis of their needs through to the end of their life”

NHS England and NHS Improvement

Some groups of people are at greater risk of premature frailty as a result of health inequalities. These groups include people experiencing deprivation, people who are homeless, people experiencing problems with substance misuse, people with learning disabilities, LGB&T people, people with mental health needs, people from Gypsy and Traveller communities, and vulnerable migrants. The resource below gives ideas on how to reach out to these groups

<https://www.gypsy-traveller.org/wp-content/uploads/2020/10/Report-FINAL.pdf>

2 day TPC Health Coaching skills courses

‘Health coaching helps people gain the knowledge, skills, tools, and confidence to become active participants in their own health and well-being’

Spaces available on 14th December, 7th January p.m. & 15th January a.m. in Yeovil (providing lockdown lifted).

If you have previously completed the 2 day course and would like a bespoke one hour refresher session for your practice or PCN, please contact me to arrange this. This can either be in person (subject to COVID restrictions) or via an online platform.

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NHS Social Prescribing Collaboration Platform – refreshed. Check out the new features:

Single **events calendar** - information on our Wednesday webinar series plus additional webinars. You are welcome to add any events to the calendar that are open to all link workers.

Resource Hub – where all supporting materials can be found, including key publications; case studies; webinar library; links to HEE e-learning and a new **searchable database** of resources related to social prescribing. If you have items to add please email **eng-land.socialprescribing@nhs.net**.

Refreshed **Webinar library** – all webinars (COVID and non-COVID) are now in the same space on the platform.

Page for **new link workers** which contains only the most important information in terms of documents and coding during COVID.

Forging Community Resilience - work, life, community.

Tuesday 8th Dec 2020, 9.30am - 12.30

This virtual forum on zoom will build an understanding of how we forge resilience into our communities and individuals, including ourselves using the power of physical activity and human connection. The forum is aimed at all those who work both professionally and on a voluntary basis with inequality and vulnerability.

9.30am Welcome

9.45am Keynote Speaker, Cormac Russell

Over the last 20 years Cormac has worked in over 30 countries around the world. He has trained communities, agencies, NGO's and governments in Asset Based Community Development and other strengths based approaches.

Speakers will also include...

- James Boardman, the 'Dad Coach' who has harnessed the power of exercise and mindset to help himself and others to live a better life.
- Toni Smyth, trainer around using growth mindset to build positivity and resilience.
- Case studies of those with lived experience.

Discussion rooms, polls and Q&A's will help keep this an interactive session and will try to facilitate good virtual networking.

Places limited and FREE -

Book your place at:

<https://www.sasp.co.uk/events/2020/12/forging-community-resilience>

Groups at greater risk of harm from cold weather

Many of these groups are also **at greater risk of severe illness from COVID-19**



- older people, especially those over 65 years old, particularly those who are otherwise frail and/or socially isolated
- people with pre-existing chronic medical conditions such as cardiovascular and respiratory conditions (in particular COPD and asthma) and diabetes
- children
- people with cognitive impairment, mental health conditions or learning difficulties

- people assessed as being at risk of or having had recurrent falls
- people who are housebound or otherwise have low mobility
- people living in deprived circumstances
- people who are living in cold homes and/or are experiencing fuel poverty
- people experiencing homelessness or rough sleeping
- pregnant women



The direct and indirect health effects of winter weather

The human body responds in several different ways to exposure to cold weather, even at temperatures that might be considered relatively mild:

4 to 8°C



Direct effects:

- heart attack
- stroke
- respiratory disease
- influenza
- falls and injuries
- hypothermia

Indirect effects:

- snow and ice may cause disruption to healthcare services
- cold homes and fuel poverty are linked with poor mental health and social isolation
- reduced education and employment success
- carbon monoxide poisoning

Future editions

If you have any reflections on your practice, anonymised case studies, inspirational ideas, information, or useful links to online training you wish to share with your social prescribing colleagues and peers across Somerset, please send it in an email to

Deborah.Lane7@nhs.net
and it will be included



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UPCOMING EVENTS

Social prescribing webinars

The national Personalised Care team are supporting social prescribing link workers with fortnightly webinars, on Wednesdays at 1.30pm. Presentations from previous sessions can be found on the Social Prescribing Future NHS collaboration platform. If you're not already a member of the platform email england.socialprescribing@nhs.net to join up. You will also be able to find registration details for future webinars as they become available.

Weds 18 Nov 1.30pm: - 2.30pm. Click link below:

[Social Prescribing - keeping people physically active](#)

Weds 25 Nov 1.30pm:

[Webinar for new social prescribing link workers](#)

Weds 2 December 1.30pm:

[Social Prescribing - using data to target health inequalities](#)

USEFUL WEBSITES

On-line directories in Somerset

<https://wellbeingsouthsomerset.org/>

<https://healthconnections mendip.org/>

<https://tauntonwellbeingzone.org/>

[https://westsomersetcommunitydirectory.org/?](https://westsomersetcommunitydirectory.org/?fbclid=IwAR3BBc-tFE_dTPdXNMjl8LtjTBvwQnBuH4zYYCLYh5jVDWb7jYTkNemqYCo)

[fbclid=IwAR3BBc-tFE_dTPdXNMjl8LtjTBvwQnBuH4zYYCLYh5jVDWb7jYTkNemqYCo](https://westsomersetcommunitydirectory.org/?fbclid=IwAR3BBc-tFE_dTPdXNMjl8LtjTBvwQnBuH4zYYCLYh5jVDWb7jYTkNemqYCo)

WORKFORCE DEVELOPMENT PROJECT FOR LINK WORKERS & HEALTH COACHES

This project aims to:

- Develop & publish a core competency framework for social prescribing link workers and health coaches with consideration of levels of expertise and the potential for accreditation / more formal recognition in future
- Develop & publish an education and training programme for the core competencies. This will use partner training already available and identify training that would need additional resourcing including both on-line and face to face training / education
- Commence a multi-partner education and training programme
- Raise the profile of the roles