

Feb-March 2018

Service User/ Carer Engagement for the Independent Review of the Mental Health Act

Healthwatch Sheffield and Citizen's Advice Sheffield Advocacy Team are pleased to have been selected to contribute service user and carer experiences to this important review.

We are hosting two focus groups, on **26th and 27th February**, here at The Circle. The focus groups involve talking about experiences of being detained under the Mental Health Act, or experiences of caring for someone who has been detained.

The experiences shared during the focus groups will be compiled into a report for the Independent Review of the Mental Health Act.

If you prefer, you can share your story through the online survey: <https://r1.surveysandforms.com/4c3zqo08-882s0m96> or we can send you a paper copy.



Student Healthwatch volunteers are currently being trained, and beginning work on the 'Transgender Experiences of Healthcare' project, they will be working with various groups within Sheffield to gather views and experiences. To find out more about this project, contact g.darbyshire@healthwatchsheffield.co.uk or e.evans@healthwatchsheffield.co.uk

Your experiences of help with daily living

A year on from our report 'Care at Home', we are finding out what's changed through a series of in-depth discussions with people who have experienced home care as service users, friends, family or unpaid carers.

The findings of our investigation will inform a report that will be shared with both commissioners and providers.



Engagement opportunities

If you, or the person you care for, have had help with daily living (domiciliary/home care) in the last year, Healthwatch Sheffield want to hear about your experiences.

Help with daily living can include: help getting out of bed in the morning, help with washing and dressing, support with toileting, preparing meals and drinks or help with eating and drinking.

Join our focus group 'Tea and Tell' for tea, cake and a chat at The Circle, 33 Rockingham Lane, Sheffield S1 4FW on **Monday 5th March 2-4pm**.

Alternatively, we can arrange a phone call about your experiences between **Monday 12th February and Friday 2nd March**.

If you want to share your story, call us on 0114 253 66 88, text 0741 524 9657 or email info@healthwatchsheffield.co.uk

New Year - New Team Members!



Holly Robson joined the team in January after working in information and signposting services.

She has also worked as a volunteer alongside many charities in the health and social care sector, and is passionate about the importance of active and engaged local communities. As our Administrator, she supports the wider team in engagement work and gathering feedback.



Enya Evans is a Political Theory MA student at the University of Sheffield and as part of her MA, she is undertaking a placement at Healthwatch Sheffield.

She is looking forward to working with Healthwatch Sheffield and helping to make our research as accessible and engaging as possible.

Upcoming Events:

Independent Review of the Mental Health Act Focus Groups 26th February 11am-1pm and 27th February 5:30pm-7:30pm

'Not Equal' Workshops 28th February 6pm-8pm and 1st March 10am-12pm

'Tea and Tell' Care At Home Listening Event 5th March, 2pm-4pm

Social Isolation VCF Health & Wellbeing Forum 6th March, 9:30am-12pm

Healthwatch Sheffield Advisory Board Meeting 6th March, 1:30pm-3:30pm

Get in touch:

Tel: 0114 253 6688

Text only: 07415249657

Email: info@healthwatchsheffield.co.uk

TALK TO US!



An update on Perfect Patient Pathway



The Perfect Patient Pathway (PPP) is one of seven 'test bed' sites funded by NHS England. The PPP aims to benefit people with long term health conditions by using technology to help keep them well, independent and to avoid them reaching crisis point, which can lead to hospital admission.

As part of the programme's Strength and Balance project, groups in the community are being visited so that those aged 65 and over have the opportunity to have a falls risk assessment using a QTUGTM device, which gives people a risk of falls score straight away. Those with a high risk score are offered a personalised 6 month intervention to improve their strength and balance. In Sheffield, people usually only receive this intervention once they have had a recorded fall, not before they have fallen.

It is hoped that this focus on prevention will help to keep people well and independent for longer. We have visited community groups as part of our engagement work and the idea of assessing people for risk before they have had a fall has been well received.

If you attend a group with people aged 65 and over and are interested in an assessment visit, please let your group organiser know. For more information they can contact Laura Cook at Healthwatch Sheffield on 01142 536646 or email l.cook@healthwatchsheffield.co.uk



Young Healthwatch's arts competition has now closed, but the self worth survey that open until the **28th February**, available on our website.

In March, Young Healthwatch will be facilitating Wellbeing workshops at Sheffield College, and the views gathered will also contribute to our self worth project.