

The Denbighshire Health and Social Care Bulletin

**July
2011
Issue 38**

**Denbighshire
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**Senior Health,
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Well-Being
Facilitator
Lindsay
Haveland**

Fit For Purpose?

Third Sector organisations, community and other groups should work more closely together, forming alliances and consortia that prove their added value.

That was the message from the HSCWB/CYP/Partnership network meeting on 14th July from Betsi Cadwaladr University Health Board and Denbighshire County Council. The amicable debate dealt with issues such as transparency of the commissioning process, regional versus local commissioning and recognition of organisations that are not commissioned but whose work is crucial for statutory bodies achieving their outcomes.

The new localities will have an important role to play in future service design, development and delivery, as well as BCU's Clinical Programme Groups. A central point of access was essential for the sector, and it was felt that the County Voluntary Councils, and in particular the Health & Social Care Facilitators had a major role to play in informing both the Sector and the commissioning bodies about developments in all spheres.

A full transcript of the points made is available from either Lindsay Haveland (lindsay@dvsc.co.uk, 01824 709317) or Suzanne Bradley (suzanne@dvsc.co.uk, 01824 709316).

The other topic covered by the network meeting was the impact of benefit changes and how organisations could deal with those. An example was given of a man with Learning Disabilities who lost his benefits because he did not apply for a job for which he was not qualified. Suggestions were made about how this situation could have been addressed, and the help the man could have accessed.

Information was given about a newly formed consortium, Cuts Watch Cymru, with a plea for other groups and organisations to become a part of this. Again, details are available from Lindsay Haveland.

The next network meeting, date to be arranged, will focus on localities: what they are, how they work and how the sector can be involved. We would appreciate your views on whether this should be wider than just Denbighshire, since a lot of organisations work across county boundaries.



Your independent health service watchdog for North Wales is known as the Betsi Cadwaladr Community Health Council (CHC).



Community Health Councils are organisations that represent the **interests of patients, their carers and relatives** as well as the interests of the public in the National Health Service (NHS).

Betsi Cadwaladr Community Health Council (BCCHC) believes that the public and users of the health service are the true experts in their own health and wellbeing.

We can offer you:

- free independent **ADVICE** about local health services;
- free advice and personal **SUPPORT** if you have to make a **COMPLAINT** about health services

The NHS must consult the CHC about changes in local and national services and we make sure your experiences of services – whether that's in hospital, at the GP surgery, the dentist, pharmacy, care home or elsewhere – really counts.

We Need YOUR View

For more information please contact Betsi Cadwaladr CHC at:

Wrexham Office Tel: 01978 356178

or Bangor Office Tel: 01248 679284

Email: carol.williams@bcchc.org.uk

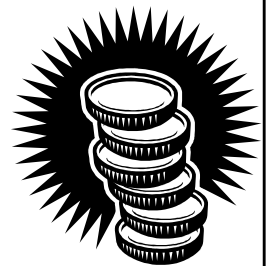
Or visit our website at: www.bcchc.org.uk



DVSC's Annual Funders Fayre

will be held this year on Tuesday, 18 October

at the Nova Centre in Prestatyn

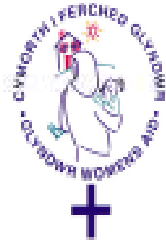


The event will begin with a buffet lunch

Amongst the funders already secured to attend are [there will be others]: Big Lottery Fund; Heritage Lottery Fund; Sports Wales; Arts Council for Wales; Denbighshire County Council; WCVA; Aggregates Levy Fund; North Wales Coast Regeneration Area Community Fund and DVSC Grant Schemes

Further details will be available from Emyr B Williams (01824 702441) closer to the time.

GLYNDWR WOMEN'S AID SEEK FEMALE DYNAMIC TRUSTEES!



Are you interested in becoming a trustee for Glyndwr Women's Aid? We are a women-centred collective organisation, working together in a non-hierarchical environment to support women and children affected by domestic abuse.

Glyndwr Women's Aid are seeking female trustees with local knowledge and an understanding of collective working, who can bring some of the following skills to the organisation:

- ◆ Legal
- ◆ Business Management
- ◆ Personnel
- ◆ Finance/Funding

In return we can offer you:

- ◆ Domestic Abuse awareness, training and induction
- ◆ Experience of working within a collective structure
- ◆ Opportunities for 'hands on' involvement (subject to an enhanced CRB disclosure)
- ◆ Access to and involvement in business planning
- ◆ Appropriate expenses

We are looking for the following commitment from our trustees

- ◆ Regular attendance at monthly meetings
- ◆ Respect for collective working
- ◆ Support for paid and unpaid members of the group
- ◆ Skills and guidance where appropriate

Please contact Dwysan at Glyndwr Women's Aid for an information pack at glyndwrwomensaid@tiscali.co.uk or telephone 01745 814494

GRANTS FOR COMMUNITY PROJECTS

Town and Community councils, registered charities, community and voluntary groups wishing to apply for financial assistance towards capital or revenue projects which will support economic or social regeneration or improve the environment in Denbighshire are invited to register their interest.

Forms are to be returned by 2nd September 2011 and may be obtained from:



**Grants & Rural Development Plan Support Officer,
Denbighshire County Council,
Ruthin Gaol, 46 Clwyd Street,
Ruthin, Denbighshire, LL15 1HP.
Telephone: 01824 706705**

E-mail:

grant.support@denbighshire.gov.uk

www.denbighshire.gov.uk

Get Applying !

In total last year, the Lloyds TSB Foundation for England and Wales made just over 900 grants, 890 of which (£19.4m) were for projects as part of the community programme. The top three most funded causal areas were children and young people, disability and health (including mental health).

South East London and Kent received the largest total value of grants in any region (£2.26m) while **projects in North Wales were funded to the tune of £160,000 – the lowest amount distributed by the foundation to any one region.**

<http://www.lloydstsbfoundations.org.uk/Pages/Welcome.aspx>

The National Leadership and Innovation Agency for Healthcare

The **NLIAH Learning Laboratory** is a free library service specialising in management, service improvement, leadership and workforce information. The service is available to anyone working for NHS Wales or the public/voluntary sector in Wales. The Learning Lab has a collection of books, audio CDs, DVDs and training packs available for loan. They provide a free postal loan service - items will be posted to you and you can return the item using the freepost address.

For more information, visit the Learning Lab website at <http://www.wales.nhs.uk/sitesplus/829/page/36071> or contact Karen Field at learning.laboratory@nliah.wales.nhs.uk.

Are you looking to change your direction in life, make new friends, learn new skills and have more opportunity to do the things you want?

G2G Communities (Community Interest Company) could be the place for you. G2G Communities is advertising their training courses and Open University Flexible Training courses. All are supported and flexible with drop in sessions and virtual support if you are unable to leave your home.

If you think this is for you please contact: G2G Communities CIC, Unit D3, Morfa Clwyd Business Centre Marsh Road, Rhyl, Denbighshire, LL18 2AF <http://www.g2gcommunities.org> e-mail: info@g2gcommunities.org Tel 01745 334482

Charity Commission publishes risk information for small charities

The Charity Commission, the independent regulator of charities in England and Wales, has published useful web pages on risk designed specifically for small charities.

The new resource was published during Small Charity Week (20th-24th June).

The new pages provide 10 useful questions that small charities should ask themselves to avoid problems. These cover areas such as making sure your charity is working in line with its governing document, ensuring that all trustees are properly appointed, how to assess risk and the importance of

preparing accounts and trustee reports.

The pages also cover simplified risk management for small charities as well as how small charities can avoid typical risks.

The new pages are part of the Commission's web-based resource area for small charities, whether they are above or below the £5,000 registration threshold. The resource area includes guidance on setting up small charities and running them, including a copy of the small charities constitution.

Sam Younger, Chief Executive of the Charity Commission said;

"Half of the charities on our Register have an income of £10,000 or less, not to mention the thousands of charities below the registration threshold, so we do recognise that there is a real need for information for small charities and their specific needs. That's why we have been gradually adding to the web-based resources we provide for them with this latest helpful addition on risk. "

The information can be found in the small charities section of the Commission's website.

For more information call the Charity Commission Press Office on 020 7674 2366

**North Hoyle Off Shore Wind Farm
Operated by RWE npower
Renewables Limited**

**and
Rhyl Community Partnership,
Prestatyn and Meliden Community
Partnerships**

Community Fund

Is your group in need of a grant?
Are you based (or deliver a service) in
Rhyl or Prestatyn and Meliden?
Is your group a formally constituted body?

If you have answered yes to the above
questions why not apply to the Rhyl or the
Prestatyn and Meliden Community
Partnerships, who are distributing a total of
£45,000 for Rhyl and £30,000 for
Prestatyn and Meliden on behalf of the

North Hoyle Offshore Wind Farm
Community Fund owned and operated by
RWE npower renewables

If your group has a project which will make
a lasting difference to the community and
you want an application pack, please call
in and pick one up:

**For: Rhyl Community Partnership, c/o
North Wales Credit Union, 17-19 Bodfor
Street, Rhyl, LL18 1AS.**

or

**For: Prestatyn and Meliden Community
Partnership, c/o First Class Clothes, 12
High Street, Prestatyn, LL19 9BB or the
Pop In, Meliden Road, Prestatyn,
LL19 9RT.**

Or email:

rhylcommunitypartnership@yahoo.co.uk

CLOSING DATE FOR APPLICATIONS

31st August 2011

**Plea from South West Rhyl
Communities First**

Do you know of anybody that
has a bike that they are getting
rid of and would like to donate
to us?

We are hoping to run a bike
repair course , and are very low
on bikes to work on.

If your group, organisation or
business has any bikes we
could have, please contact me
asap:-
Lisa Evans, Participation
Officer

Telephone: 01745 332528
Facsimile: 01745 360547

Email: [lisa.evans@co-
operative.coop](mailto:lisa.evans@co-operative.coop)
Website: www.swrcf.org.uk

**Do you fancy a challenge,
whilst raising some much
needed funding for Afasic
Cymru?**



Well then why not come and join us

**We are organising a sponsored walk up
Mount Snowdon on**

**Saturday 24th September 2011
PYG TRACK Route**

and

**Sunday 25th September 2011
Llanberis Route**

**Please E mail your interest to Yvonne
Brookes at**

Yvonne@afasiccymru.org.uk

**Afasic Cymru is the charity representing children
and young people with speech, language &
communication needs**

BTCV Engagement Gateway Project - Lone Parents

This FREE course is aimed at lone parents who are looking for a career in the outdoors, want to learn more about conservation, gain accredited training, or simply gain confidence and improve their health and fitness. We are offering a 5 week course where participants will take part in horticulture and environmental activities in a friendly, sociable setting. The course will also include Skill Build sessions, with help and support into further learning and employment.

Over the 5 weeks participants will:

- ◆ Gain practical environmental and horticulture skills, including environmental art, willow weaving, allotment activities, habitat creation, healthy eating, etc, in various sites around Denbighshire.
- ◆ Improve health, fitness and confidence, meeting new people in a relaxed and friendly environment
- ◆ Work towards accredited training
- ◆ Improve job search skills, including CV writing, applications and interview techniques
- ◆ Receive access to further volunteering opportunities, career advice and training in the local area

Applicants must be:

- A single parent - living alone with primary responsibility for a child
- Aged 16 and above
- Unemployed or economically inactive
- Reside in Denbighshire

For more information please contact Alex Fairclough at BTCV on 01978 261538 or email a.fairclough@btcv.org.uk

Engagement Gateway is managed by WCVA, and funded by European Social Fund and Welsh Government

Denbighshire Community Chest

(not to be confused with the Clwyd Community Chest administered by DVSC - see www.dvsc.co.uk under Funding)

At the panel meeting on the 6th June the following clubs were awarded a grant in support of coach education and equipment:

- ◆ **Velo Club Melyd - £1000 awarded**
- ◆ **Denbigh Town Juniors FC - £1500 awarded**
- ◆ **Prestatyn Pop-in - £710 awarded**
- ◆ **Denbigh Rugby Club - £510 awarded**
- ◆ **Llanferres Badminton Club - £1440 awarded**
- ◆ **Ruthin Swimming Club - £1500 awarded**

For more information on the grant or if you would like to join the Community Chest panel (we are especially looking for panel members from Corwen and Llangollen) please contact,

Sian Bennett
01824 712710
Sian.bennett@denbighshire.gov.uk

Independent Mental Capacity Advocacy (IMCA)

Wired delivers IMCA and DoLs Services to Anglesey, Conwy, Denbighshire, Flintshire, Gwynedd and Wrexham.

What is IMCA?

The Mental Capacity Act 2005 (the Act) came into force in 2007, it provides a statutory framework to empower and protect vulnerable people who may not be able to make their own decisions. The Act introduced the new statutory role of the Independent Mental Capacity Advocate (IMCA) to support people who lack capacity to make certain decisions.

Local Authorities and NHS bodies have a duty to instruct an IMCA to support a person if they meet the criteria as laid out in the Act.

An IMCA **must** be instructed where:

- ◆ There is a decision to be made regarding either **serious medical**



treatment or change of accommodation.

AND

- ◆ The person has no close family or friends to represent their views

AND

- ◆ The person has been deemed as not to have capacity to make the decision in accordance with the assessment of capacity as defined in the Act.

Extension of the IMCA role

As well as the main duties for an IMCA as outlined above, IMCA's may also be instructed in relation to **Safeguarding Adults** Procedures and Care Reviews. Each Local Authority will define criteria for when to refer to the IMCA service in these situations.

For referrals call Wired: 0844 880 1500

OR

Email: contact@wired.me.uk

Website: www.wired.me.uk



Tom Boardman (left) from the Ruthin Explorer Scout unit is one of the 27 strong Mad Fluffy Dragons Jamboree Unit from North Wales who will be representing the region in the most important Scout camp there is.

In the early hours of Monday 25th July, Tom will board a coach which will take him and the rest of the Unit - including nine Caribbean Scouts and their Leader - to Manchester airport where they will board their flight for Copenhagen.

In Copenhagen they will join 7,000 Explorer Scouts who make up the UK Contingent, meeting

up for a huge beach party before taking over the Tivoli Gardens theme park and attending a huge music concert put on just for them.

And that's all before they even get to the Jamboree site which they will reach by another coach journey, on board one of 800 coaches which will take the 40,000 Scouts across the Oresund Bridge to Sweden. Enjoy the experience Tom!



BTCV Restart Training

Are you looking for a career in the outdoors, do you want to learn more about countryside conservation, gain accredited training, confidence and improve your health and fitness at the same time?

Our Restart Training (an Engagement Gateway project) is managed by BTCV. It is starting soon and offers you the chance to:

- ♦ Gain practical skills by delivering conservation projects in Denbighshire & Conwy, such as fencing, dry stone walling, hedgelaying, footpaths and woodland management.
- ♦ Improve your health, fitness and confidence
- ♦ Gain accredited training (Agorod Cymru, NOCN & Lantra)
- ♦ Improve your job search skills, and gain a CV
- ♦ Access further volunteering opportunities, career advice and training in the local area

Restart training will run for 8 weeks. To be eligible you:

- ♦ Must be 16 - 25 years old
- ♦ Must be unemployed, and not in education or training
- ♦ Must live in Denbighshire or Conwy

For more information please contact:

Hywel Dodd at BTCV on 01978 261538 / 07764 655717 / h.dodd@btcv.org.uk

Engagement Gateway is managed by WCVA, and funded by European Social Fund and Welsh Government

Opportunities available for new school governors

Interested in becoming a school governor? Then Denbighshire County Council would like to hear from you.

The Council has a list of vacancies for school governors in a number of schools across the county.

A full list of the vacancies, together with the closing dates for applications can be found on the Council's website:

www.denbighshire.gov.uk, under School Governors in the A-Z section.

Application forms are available from the relevant school and completed forms should be sent to: Governor Support Officer, School Improvement and Inclusion Service, County Hall, Wynnstay Road, Ruthin, Denbighshire, LL15 1YN.

For further information please call 01824 708044 or e-mail chris.harness@denbighshire.gov.uk

UNLLAIS Involvement Opportunities across North Wales

Clinical Programme Group

The Clinical Programme Group Adult Mental Health and Learning Disabilities is part of Betsi Cadwaladr University Local Health Board (BCU). The Mental Health & Learning Disabilities CPG is accountable for the delivery of safe and high quality services within the resources allocated to them.

The Mental Health & Learning

Disabilities Clinical Programme Group is keen to ensure that they engage with service users and carers and are responsive to the opinions and ideas they express.

As part of this, we are looking to have one service user and one carer to sit on the CPG. The service user can be from either mental health, learning disabilities, older person with mental health or substance misuse services, whilst the carer must be from the learning disabilities services or older people with mental health services.

A meeting has been arranged for

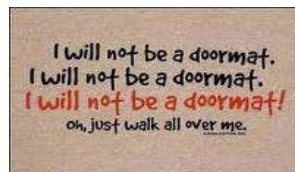
**Wednesday 3rd August
at 1.30
Wellington Road Centre,
Wellington Road
Rhyl.**

The meeting will give you opportunity to find out more about the involvement opportunity and find out how to apply.

For further information on this exciting opportunity or to book a place at the meeting, please contact your service user and carer liaison officer at Denbigh on 01745 816711.

Becoming Assertive

A Coping with Life
course



Do you find it difficult to stand up for yourself? Do you find it hard to express how you're feeling? Do you have problems saying "No" to people?

Learn simple methods to help you to express your opinions and needs, so that you feel more in control of your life.

This 6 week guided self help course is based on tried and tested Cognitive Behavioural techniques and delivered in a friendly and informal setting.

Where – Healthy Living Centre Corwen

When –

Enrolment session Thursday 11th August 2011 from 10.30 to 12.30

6 week course – **Thursdays** 18th and 25th August & 1st, 8th, 15th and 22nd.
September from 10.30 – to 12.30

NB It is essential for all participants to attend the Enrolment session and every session of the 6 week course

To attend the course, please obtain a booking form and return it to Carol Evans,
Vale of Clwyd Mind, 4 Rosemary Lane,
Denbigh LL16 3TT
Tel: 01745 812461

Email: carol.evans.mind@gmail.com
For more information, please contact Gwynfryn Evans, 01745 812461, Email: gwynfryne@gmail.com