



Norfolk Safeguarding Adults Board

SAVE the dates – watch email alerts / website for further details

26 June 2019 | Self-neglect & Hoarding seminar

12 September | MCA masterclass with Alex Ruck Keene, barrister

*Please take a few minutes to look at the **NEW** news items & important updates posted on Norfolk SAB's website*

Please cascade to your colleagues, contacts and networks thank you.

NEWS ITEMS

- *Holding statement: Guidance on safeguarding and medication error* | 31 May 2019
- *CQC's statement on the BBC Panorama programme* | 31 May 2019
- *CQC calls for independent reviews of children and young people held in segregation* | 31 May 2019

- FREE training on hate incident reporting | 31 May 2019
- Domestic abuse and homelessness | 31 May 2019
- *Stop, Report, Talk: Join the scams awareness campaign - 10 - 23 June* | 30 May 2019
- *What to do if you believe someone may have died: Guidance for staff in care and nursing homes* | 29 May 2019

Please go to: [Norfolk Safeguarding Adults Board \(NSAB\) then click on news](#)

**03 June
2019**

The power of a piece of paper ... my June blog has just been posted on the NSAB website.

Click on this link to download your copy:

[NSAB | Board Manager's Blog](#)

Please cascade to your colleagues, contacts and networks thank you.

Training

Contributes significantly towards Subjects 1, 4, 5, 7 and 8
of the Dementia Standards Training Framework 2018



DEMENTIA DETECTIVES:

Finding the person within

Day 1: Dementia - The Wider Picture
Exploring the Brain, Different Types of Dementia, Recognising the Key Characteristics (including Signs and Symptoms)

Day 2: Dementia - Distressed Behaviour / Communication
What to say when someone says.... What to do when someone does....

Dates:

- Tuesday 11th June & Thursday 13th June 2019
- Tuesday 30th July & Wednesday 31st July 2019
- Tuesday 20th August & Wednesday 21st August 2019
- Tuesday 22nd October & Wednesday 23rd October 2019
- Tuesday 26th November & Wednesday 27th November 2019
- Tuesday 3rd December & Wednesday 4th December 2019

Price: £57 per day or attend both days for a reduced price of £100.
8.45am - 4pm each day at The Willow Centre, Cringleford, Norwich NR4 7JL
(The days are designed to be booked as a two-day workshop)



To find out more and to book your place please contact Claire Gilbert on 07584 047996 or email claire@careite.co.uk



Upcoming Open Workshops – Norfolk & Waveney

Run by an experienced diabetes specialist nurse who also works within the NHS

Diabetes Awareness Training, £50pp:

10 May 2019*; St Nicholas House Care Home, Littlefields, Dereham NR19 1BG

5 July 2019*; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

**followed by optional BGM & Glucometer Training (with competency assessment) after lunch, £40pp.*

Diabetes Update for Registered Nurses, £65pp:

23 May 2019; Beccles House, 1 Common Lane North, Beccles, NR34 9BN

(to coincide with national INSULIN SAFETY WEEK 20-26 May 2019 **£58pp**)

Diabetic Foot Screening, £50pp:

10 June 2019 (9.30-13.00) during 'Diabetes Awareness Week'; St Nicholas House Care Home, Littlefields, Dereham NR19 1BG

7 June 2019; St David's Nursing Home, 52 Common Lane, Sheringham, NR26 8PW

Oct 2019; Beccles House, Beccles, NR34 9BN - please contact us to register your interest

Diabetes & Healthy Eating, £32pp:

10 June 2019 (14.30-16.30) during 'Diabetes Awareness Week'; St Nicholas House Care Home, Littlefields, Dereham NR19 1BG

Workshop Name – Diabetic Foot Screening (including a competency assessment)

NICE recommends that people living with diabetes receive a diabetic foot assessment on diagnosis and at least annually thereafter. Using NICE guidance as a framework the workshop aims to equip the learner with the knowledge and skills to competently examine and assess the diabetic foot for potential and actual problems.

These workshops are particularly useful for 'diabetes champions'; if appropriately trained, they can carry out a diabetic foot assessment for people unable to attend an annual diabetic review at their surgery.

The workshops take the learner not only through the 'why, when, who, what' etc of a diabetic foot check, but the session provides the tools with which to perform a diabetic foot assessment resulting in a risk score (and actions to take). **Attendees have a 'hands on feet' practical session and competency assessment by the educator.** More details can be found at <https://www.duetdiabetes.co.uk/workshops>

Date – 7 June 2019 (4 places remaining)

Time – 1.30pm registration for a 1.45pm start – 4.45pm

Venue – St David's Nursing Home, 52 Common Lane, Sheringham, NR26 8PW

Cost - £50 per person

Date – 10 June 2019 during national DIABETES WEEK (7 places remaining)

Time – 9.15am registration for a 9.30am start – 1pm

Venue – St Nicholas House Care Home, Littlefields, Dereham , NR19 1BG

Cost - £50 per person

Newsletter

Our monthly update for everyone interested in health and social care

CQC calls for independent reviews of children and young people held in segregation

We've published a report giving early findings from our review of the use of restrictive interventions in places that provide care for people with mental health problems, a learning disability and/or autism.

The report focuses on 39 people who are cared for in segregation on a learning disability ward or a mental health ward for children and young people.

From an information request sent to providers, we were told of 62 people who were in segregation. This included 42 adults and 20 children and young people – some as young as 11 years old. Sixteen people had been in segregation for a year or more – one person had spent almost a decade in segregation.

We make a number of recommendations, including a call for independent reviews of every person who is being held in segregation in mental health wards for children and young people and wards for people with a learning disability and/or autism.

[More information about the interim report.](#)



Our response to Panorama's undercover investigation inside a hospital for vulnerable people

A recent edition of BBC's Panorama captured evidence of shocking abuse taking place at a service for people with a learning disability and/or autism.

In response, Dr Paul Lelliott, Deputy Chief Inspector of Hospitals (lead for mental health), said:

"As soon as the BBC told us that they had evidence of abuse we alerted the police and they are now investigating.

"We will urgently explore ways in which we can better assess the experience of care of people who may have impaired capacity, or even be fearful to talk about how they are being treated because of the way that staff have behaved towards them.

"We must do all we can to lift this cloak of secrecy. We will also be reviewing what we could have done differently or better that would have meant we were able to identify and stop this abuse more quickly."

[Read Dr Paul Lelliott's full statement.](#)

Join us! Work for CQC

Current vacancies include:

- Deputy Chief Inspector, Mental Health – Flexible with national travel
- Senior Communications Officer (Office of the National Guardian) – London
- Registration Inspector – Home-based (within the central West Midlands region)
- Specialist Advisor (Oncology) – National

[Browse our current vacancies.](#)

Help shape our work

We'd like you to help us test a new service designed to help you share your views with us.

Our new participation platform gives a new way for you to get involved and share your ideas and opinions about our work. We can use it to hear your opinions, conduct surveys and run quick polls.

Things we discussed last month included:

- Ideas for possible CQC podcasts
- Views on the NHS patient surveys
- A survey about State of Care, our flagship publication
- And more

More topics are being added all the time.

[Take part by creating an account on the platform, and then clicking Projects.](#)

Did you know?: Explore ratings in your area

You can use our ratings map to explore services in your area. Enter your postcode to see ratings for care homes and GP practices as well as rated NHS and independent hospitals.

Click on the location's icon for a link to read our full inspection report on the service.

[View the ratings map.](#)

Events

MENTAL HEALTH & WELLBEING CONFERENCE COMMUNITY EVENT



Open to all interested parties - organisations, charities, employers, students, local residents and training providers.

JUNE 13TH 9:30-2:40
CONFERENCE ROOM (A033)
EAST COAST COLLEGE
GREAT YARMOUTH



Come and talk to agencies and organisations about services and provision, employment, voluntary work, placements, courses, activities and plans for mental health & wellbeing in Norfolk and Waveney.

INFORMATION STANDS FROM:

Matthew Project / Education High Needs SEND Service
/ **Voluntary Norfolk** / Great Yarmouth Borough Council / **Victim Support** / Young People in Mind / **The Link Project**
/ Educational Psychology and Specialist Support / **Witness Service** / Carers Matter Norfolk / **Great Yarmouth Youth Advisory Board** / Norfolk Library & Information Service / **Sentinel Leisure Trust** / Great Yarmouth and Waveney Wellbeing Service
/ **Active Norfolk** / UOS Course Information / **Mancroft Advice Project** / ECC International Early Years Centre of Excellence
/ **ECC Student Wellbeing Service** / GY Unemployed Workers Centre / **Benjamin Foundation** and more

Timing	Speaker	Presentation Topic
9:30 - 9:35	Ruth Thacker	Welcome & Housekeeping
9:35 - 10:05	Stuart Rimmer CEO & Principal, East Coast College	The Role of Colleges and Universities in Supporting Mental Health & Wellbeing
10:05 - 10:30	Visit Stands / Coffee	
10:30 - 11:00	Mike Smith-Clare MBE	'Learning Without Walls'
11:00 - 11:20	Visit Stands / Coffee	
11:20 - 11:50	Hannah West (Link)	The Link Project & Mental Health Champions
11:50 - 12:20	Visit Stands / Coffee / Lunch	
12:20 - 12:50	Dr Bianca Finger-Berry	Self Harm / Suicide Prevention
12:50 - 13:10	Visit Stands / Coffee	
13:10 - 13:30	Hannah Lingwood (NHS)	A Dissemination of Findings: <i>'the Experiences of Transgender Individuals Utilising Mental Health Services.'</i>
13:30 - 14:00 Class room nearby	Claire Jones IACG / NCC	The SEND Local Offer Around Mental Health and Wellbeing
13:30 - 13:50	Mark Fookes (UOS)	Social Work and Mental Health
13:50 - 14:10	Visit Stands / Coffee	
14:10 - 14:40	Nikki Lane Assistant Principal Student Services	Young People and Mental Health
14:40	Ruth Thacker	Close & Thanks



Norfolk Disability Pride

Sunday 29th September

The Forum, Norwich, 10am – 4pm

Norfolk Disability Pride celebrates disabled people and the diversity of our community. Enjoy performances, exhibitions and a range of activities and information provided by scores of stall holders. A **FREE** event at The Forum, Norwich. Everyone welcome!



norfolkdisabilitypride.org.uk



**Norfolk
Disability
Pride**

Join us for a fun, friendly and informative day



Norfolk Disability Pride is a FREE event, open to everyone. Activities, entertainment and conversation are provided by local and national charities and organisations. It is held at The Forum, in central Norwich, where there is an accessible coffee shop and an open plan pizza restaurant.

If you would like to be involved in Norfolk Disability Pride, as a stallholder, speaker, entertainer, volunteer or sponsor, visit the website or email us.

Email: disabilitypride@equallives.org.uk

Visit: norfolkdisabilitypride.org.uk



This event is organised by a partnership led by Equal Lives, an independent Norfolk charity. Others involved include the UEA, The Forum Trust, Norwich Independent Living Group, Norfolk County Council and Norfolk Libraries.



**Norfolk
Disability
Pride**

**NORFOLK
CARE**
CAREERS & JOBS

www.norfolkcarecareers.co.uk



Are you Proud2Care?

Enter our monthly competition for a chance to win a £25 high street shopping voucher

We want to know why you are Proud2Care! To enter, please ask your manager to email your career story. In approximately 250 words or less, we want to hear about your role along with the challenges and successes that make you our worthy Proud2Care Carer of the Month.

Email your entry to: marketing@norfolk.gov.uk along with your completed consent form (please see reverse side).

Emails must be entitled Proud2Care
Competition closes at the end of each month for entry into the following months draw.
This competition will end on 31st December 2019.
Terms and conditions apply.



Norfolk County Council

Proud2Care Competition Consent Form



Norfolk County Council want to ask for your agreement to take and use photographs / video of you and your career story for publicity purposes.

We will only use these images for promotional purposes such as promoting Norfolk County Council services or those of Norfolk Care Careers on our website, social media (Facebook, Twitter, YouTube), newsletters, display boards and in the local news media. We will store images in line with General Data Protection Regulations (GDPR), the Data Protection Act 2018 and Norfolk County Council's privacy guidelines. We will keep and use these images for a maximum of two years.

These images will **NOT** be used:

- for anything that may be viewed as negative in tone or that may cause offence, embarrassment or distress.
- in any new publication or display more than two years after the image was taken.

You will be able to view the images and your career story at any time during this period. You can withdraw your agreement for us to use images of you and your career story at any time by emailing us at marketing@norfolk.gov.uk in which case they will not be used in future publications but may continue to appear in publications already in circulation.

If you wish to give your consent please read the following and sign below:

Having read the information above, I confirm that I am over 18 and consent to the images, photographs or videos of me and my career story taken on (date) being used for promotional purposes in the following media:

- Norfolk County Council website/Norfolk Care Careers website
- Social media (Facebook, Twitter, YouTube)
- Newsletters
- Display boards
- In the local news media

Your name (block capitals)	Signature
Email (block capitals)	



Information

“How to support someone with a mental health problem

We all go through tough times and people help us through them. Other times we have been worried about other people's mental health. Whether they are a friend, family member or colleague, there are many ways to support somebody you care about.

How do I know if someone has a mental health problem?

- Signs of depression
- Signs of anxiety
- Panic attacks
- Obsessive compulsive disorder (OCD)
- How can I help?
- How do I respond in a crisis?
- How do I respond if someone is suicidal?
- Useful organisations and resources"

<https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>