



We'd Just Like to Say...

Newsletter of East Lothian Community Care Forum

Older People's Forum : Learning Disability Forum
Equality Forum : Mental Health Forum

Autumn 2010 **Have Your Say** at www.elccf.org



It's a fitting flitting

After 10 years in business, ELCCF has moved offices to street front premises at 3-4 Sidegate, closer to the centre of Haddington.

Eventually, the new office will allow public access to community care information, to a computer, and to hold small group meetings.

Right now though, we're still bedding in and organising things, with the shop front still to be painted and signage to be put up - not to mention getting planning permission for both.

It's a major move for ELCCF but a necessary

one. Space in our old small nesting office in Tynepark House was so tight, a move was top priority for this year.



Top: ELCCF's new premises in the Sidegate.

Right: A tight squeeze for the removal van at Tynepark.

Below: Meeting space inside the new 'shop'.



Give us a break

Over the past few months, members of ELCCF's forums have been asked for their views on respite - giving service users and carers a break.

Placed in charge of reviewing local respite services as respite redesign manager is Tony Segall of Carers of East Lothian.

His brief covers overnight respite, planned and emergency respite, and the inclusion of carers in respite.

Forum members see the work as a priority and have asked to be included in the review:

- ◆ a respite bureau - like a travel bureau - where breaks could be tailored to the individual and carer's needs
- ◆ support for people looking for respite and advice for people who have money through self directed support
- ◆ provision of transport costs to and from a respite venue.

...and we're not the only ones.

Carers of East Lothian has moved from its old HQ at 149 North High Street to spacier new premises at 94 High Street, Musselburgh EH21 7EA.



OT aids now available online

People who need aids and equipment to help them go about their day to day activities can now order them up online.

A range of equipment is already available in hard, published form but publishing the catalogue online for order by computer will make the service more widely accessible.



A range of aids includes walking sticks and adapted cutlery, grab rails and hand rails. All the equipment is available free and without the need for professional assessment.

It's hoped that as disabled or elderly people order up their

own equipment, the number of people waiting for a community care assessment will drop, freeing up time to be spent on people with more complex needs.

**Go to
www.eastlothian.gov.uk/otselfselection**

The catalogue can be downloaded as a pdf file and items ordered by printing out an order form or filling out a form online.

NHS occupational therapists will be able to refer patients to the new facility.

What do you think?

Let others know on the 'We'd Just Like to Say..' page at www.elccf.org, or email us at info@elccf.org.

Service goes for healthy toes

Podiatry services are available across East Lothian for patients with a medical need - regardless of age.

New patients have to be assessed at their local clinic, thereafter can refer themselves by filling out an application form or be referred by their GP.

Housebound patients have to be referred by their GP or district nurse.

For information see: www.nhslothian.scot.nhs.uk/community/eastlothianchp/podiatry_EL.asp or ring 0131 537 7470.



**Come and join us.
Contact us on the web, by email or call on 01620 822 212.**



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What our forums have been up to

Although the topic of respite has been discussed at all Forum meetings, the Forums have been busy with their individual agendas.

With all the recent changes at ELCCF and with work still ongoing with local strategies, the forums have not been able to meet as frequently as we'd like, most notably the **Older People's Forum**, but this should be put right soon as we prepare to take on a new development worker.

Planners

The mental health implementation plan has been raised at the **Mental Health Forum**, with planners attending meetings to brief members on what progress is being made.

Speakers from Lothian Recovery Network outlined their work and invited MH Forum members to an East Lothian steering group for the network.

MH members also

heard from Home-Start about its Look Forward project on tackling self-harm.

Plans are also on the go to rename and revision the forum for its future work.

Partnership

The most recent **Learning Disability Forum** was hosted by Partners in Advocacy's Smart Talk group and focussed on areas of work in the local Partnership in Practice agreement.

Consulting

Two notable consultations from the Scottish Government are currently on the go.

Reform of the blue badge scheme is being put forward, covering eligibility and enforcement.

The Carers Strategy for Scotland outlining support for carers is also out. Both documents can be seen at www.scotland.gov.uk/publications.

Community safety was a hot issue with voices being heard on experiences of bullying. There's the chance of a video being made involving service users to highlight the problem.

Another issue raised was the lack of specialised counselling support for bereaved people.

The **Equality Forum** is preparing to see the new Physical Disability Strategy, currently being drawn up. The strategy will describe how services can be reorganised to suit future needs for East Lothian, in line with the Older People's strategy.

Goodbye, Sheila

After nine years of hard work, ELCCF's admin assistant Sheila Ross has left the Forum after her post was made redundant in July. All at ELCCF wish her good luck and best wishes for the future.



Stars of our annual event

ELCCF celebrated its 10th anniversary at its annual event and agm this summer.

Held in the Marine Hotel, North Berwick, the occasion attracted members and officials from a variety of organisations, Lothian Health, and East Lothian Council.

Guest of honour was East Lothian Council's Chief Executive Alan Blackie who presented this year's ELCCF Annual Awards.



Alan Blackie undertakes some master of ceremony duties at the annual event.

Highlight of the day was the showing of the 'In the Beginning' home-made video which featured volunteers speaking of their own experiences of the forum, and words from the Council's head of Adult Social Care Gordon Miller.

The CAR team (*see right*) had the chance to present its work to the audience.

Office bearers were elected during the agm; convener Alan Brown, vice chairman David Barrie, secretary Elizabeth Barnes and treasurer Ann McCarthy.

The day was rounded off with a ceilidh and music from John Cessford and his band.

Alan Blackie presents the 2010 ELCCF Awards to those who have done their most to represent service users in the planning process; (*top to bottom*) Val Vincent, Sue van den Broek and Willie Ferguson. Former Forum convener Phyllis Wilson and Sheila Ross also received Awards.

CAR research driving home

ELCCF's CAR research into day activities for physically disabled and sensory impaired people in East Lothian is close to its conclusion.

The final report will be presented to East Lothian PDSI joint planning group in October.

Among other factors, the CAR questionnaire results indicated a need for more person centred planning.

Begun in late March, the community action research pilot was undertaken by a team of volunteers trained up by Cally Ward of the National Community Development team and given help from Evaluation Support Scotland.

The pilot marks a major milestone in the development of the Forum.

With the potential expansion of CAR work to reach further out into the community, the Forum is placed to present evidenced proof of the needs for change in the design and delivery of services.

