



Hello? Goodbye? See page 2 for article

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Easter Message from Mrs Bell:

“This is the time of year when everything comes back to life after the Winter Season. However, we all know in our CHP we still continue to provide a high level of healthcare all year round. Once again, I am reminded of the high levels of support and contribution from everyone associated with Kirkcaldy & Levenmouth CHP for which I thank all of you.

I have been in a reflective mood for a few months and look back at the many changes I have encountered over the time I have been involved with NHS Fife. I started on 1 April 2003 as a Non-Executive Director of the Board and Chair of Fife Primary Care Trust which became Fife Primary Care Division later that year. This was in preparation for the change to Community Health Partnerships in Fife in 2005 as part of an NHS national initiative to deliver health services within local communities.

Many of these changes could not have been done without the help and dedication of staff, colleagues, and partnerships with local authorities, voluntary sector, Councillors, Independent contractors, members of the public, patients and carers. So much has been achieved because of these relationships, with everyone contributing to the delivery of health services within our community.

However, after 5 years service within the NHS I have chosen to step down from my various roles, effective 31 March 2008. I have enjoyed working with all of you and wish you continued success for the future.

Doreen Bell
Chair
Kirkcaldy & Levenmouth CHP



Continued overleaf



Public Partnership Forum (PPF)

Since the launch of the CHP Public Partnership Forum, what have we been doing?



The Public Partnership Forum Reference Group held a Development Day on 5th February 2007. The day consisted of presentations from invited speakers on Meaningful Involvement, the speakers represented the following organisations; FRAE Fife, Dialogue Youth, People First (Scotland), Fife User Panels and Healthy Living & Sensory Awareness Project. The information presented was used to develop our publicity material and outlined issues which need to be considered when developing our working agreement and codes of conduct.

The publicity material has now been published and has been widely distributed across Fife, inviting individuals and groups to register their interest with the CHP Public Partnership Forum. We currently have over 70 organisations on our register.

Initially a considerable amount of our time went into developing our own Working Agreement and Codes of Conduct. These documents outline the role and responsibilities of the PPF and the support which is available from the CHP to assist us to undertake this very important role. Both documents have now been finalised and agreed by our PPF Reference Group members and the CHP Committee.

We have also viewed and reviewed presentations on Pharmaceutical Services, Long-Term Conditions, Reproductive & Sexual Health and Enhanced Healthcare Services. These presentations are proving very useful to aid our understanding of the services within the CHP.

Members are also devoting time to actively participate in various focus groups, working groups or committees; CHP Committee, Mental Health Inpatient Project Board, NHS Fife Disability Group, Better Health Better Care Consultation, Addiction Services Review and a member is also part of the NHS Fife Cleanliness Monitoring Team.

It has taken sometime to reach this stage and we are still learning and will continue to learn but we are really keen to assist in any we can. We are now ready for business!

If you could like more information about the CHP Public Partnership Forum please do not hesitate to contact: Julie O'Neill, Risk Manager at Cameron Hospital, Windygates by telephone 01592 226739 or by email julieoneill@fife-pct.scot.nhs.uk

Smoking Cessation makes links with local youth.

Reducing smoking among young people is a key policy objective of the Scottish Government. Smoking prevalence in teenagers is nationally high, with 80% of all smokers becoming addicted by the age of 18 years old. Recently the Smoking Cessation Service, in association with Public Health Nurses within secondary and off campus schools, has been making links with local youth services, such as YWCA, YMCA, Clued Up, Linton Lane and various care homes, in a bid to engage with young people to raise awareness of smoking and smoking cessation for those who wish to quit.

If you think the Smoking Cessation Service can potentially enhance your clients' wellbeing, whether it be, joint or independent work with our service, please do not hesitate to contact us on: 01592 715213

Mental Health Improvement Nurse

My name is Valerie Reid and I am the latest addition to the Improving Health Team in Haig House. This is a pilot post to which I am seconded from Mental Health Services to work within Jackie Barbour's team for 2 years. I previously worked within Whyteman's Brae Hospital as a mental health nurse. My role within the team is to 'Identify and fill the gaps in the Mental Health Services across the K & LM CHP' and to set up initiatives to improve the mental wellbeing of targeted population groups. Since starting my new post I realise what a big world it is out there and how much good work is being achieved. I have also recognised that there are gaps. There are communities that are living with deprivation, minority groups whose needs are not being met and for various reasons feel let down by the system. I hope that I do make a difference to those people but I can't do it all on my own and hopefully through partnership working I won't have to. So if you haven't met me yet and would like to, please give me a call or drop me an email and if you see a bright yellow Punto driving around in circles please point me in the right direction!

Valerie Reid, Mental Health Improvement Nurse
Improving Health Team, Haig House
Cameron Hospital, Leven, KY8 5RA
Email: v.reid@nhs.net Telephone: 01592 226451

Protection Messaging

We can make a difference

We would like to remind you all that the Child Protection Messaging service went live in January.

Your own agencies processes should have already been sent out to you. If you have any queries then please contact the following nominated staff:

NHS Fife – Barbara Rowland, Tel: 01383 565395

Education Service – Anne Deas,
Telephone: 08451-55 55 55 Ext 471766

Family Protection Unit – Jim Leeson,
Telephone: 01383-318791

Social Work Services – Julia Daghish,
Telephone: 08451-55 55 55 Ext 402072

This work has been carried out by the lead practitioners in each agency as part of the Fife Data Sharing Partnership Project.

For further information on the project please contact Michelle Scott, 08451-555555 ext 440122 or by email michelle.scott@fife.gov.uk

WOULD YOU TRUST AN INACTIVE OT?

Have a look at the TV guide for the coming week and I can safely say that you will be overwhelmed by the amount of programmes about people who have gained weight by eating an unbalanced diet and leading unhealthy, lazy lifestyles. I am one of those people. I am also an Occupational Therapist who advocates the benefit of activities for improvement in function and health. Is this a contradiction in terms? I think so, and that's why I've set myself the goal of a timed 5k swim - that's 5000m or 200 lengths of a 25m swimming pool - to lose weight and get fit in 2008. The swim is part of an event organised by the Swimathon Foundation, a UK-wide charity which raises money to generate interest in swimming to promote healthy living. For the second year running, the Swimathon Foundation have organised a sponsored Swimathon to raise much needed funds for Marie Curie Cancer Care. Raising funds for Marie Curie has particular significance to me because my best friend's mum, died from cancer in April 2006. Since this year's Swimathon is planned for April 2008 (I will be swimming on the 20th April), I feel that my swim will be a fitting celebration of her life. This is a great incentive for improving my own health through exercise, and I hope that the money raised will help to fund the continued good practice of Marie Curie Nurses throughout the UK. Please take the time to have a look at the Swimathon website at www.swimathon.org. If you would like to sponsor me or like more information you can leave a message in the Occupational Therapy office in Balfour Ward at Cameron Hospital, or email me at virnstothers@fife-pct.scot.nhs.uk.

Thank you for reading my story – wish me luck!



“Raising Standards”

Staff involved in clinical audit is an integral part of promoting good clinical practice and quality improvement.

The Certificate in Clinical Audit Skills Course (validated by Dundee College) encourages all staff to learn the theory of audit by undertaking a clinical audit project relevant to their workplace. To complete the certificate and to celebrate the work accomplished there was an annual Quality Day held jointly with our partners NHS Tayside with representation from Dundee College

Participants completed the requirements for the certificate by presenting the results of their audit project. KLCHP services were represented by 10 out of the 32 successful NHS Fife participants. The picture shows the successful NHS Fife participants at the award ceremony held on the 7th December 2007.

KLCHP Staff:

| Name | Title | Dept |
|------------------|--|-----------------------------------|
| Angela Douglas | Liaison - CPN | Whyteman’s Brae Hospital |
| Moira Dunsire | Podiatry Development Coordinator | Kirkcaldy Health Centre |
| Neil Gallacher | Senior Charge Nurse | Bayview Ward, Stratheden Hospital |
| Agnes Galloway | Staff Nurse | Stratheden Hospital |
| Anne Hitchinson | Staff Nurse | Bayview Ward, Stratheden Hospital |
| Pauline Mitchell | Senior Physiotherapist | Cameron Hospital, Windygates |
| Patricia Munro | Practice Manager | Kennoway Medical Group |
| Pauline Mitchell | Senior Physiotherapist | Cameron Hospital, Windygates |
| Hazel Syme | Specialist Podiatrist | Kennoway Medical Practice |
| Dr Karen Piegsa | Contraception & Sexual Health Services | The Beeches, Forth Park Hospital |
| John Salisbury | Podiatrist | Cardenden Health Centre |

Kirkcaldy & Levenmouth CHP Pass Quality Assurance Check for Learning Events

The CHP were recently successful in passing a quality assurance check for their involvement in learning events under the Education Providers Accreditation Scheme Scotland (EPASS) run by Royal College of General Practitioners (RCGP) Scotland. The scheme recognises the CHP’s commitment to providing quality education and assures staff, particularly GPs that those activities they undertake or events they attend run by the CHP are relevant to their learning needs.

All clinical learning events organised by the K & L CHP aimed at GP’s are notified to the RCGP and accreditation for the session requested, if granted the EPASS logo will appear on the Event Certificates. This certificate can be used to demonstrate a GPs commitment to quality CPD and should be discussed as part of the "review of learning activities" section at the GPs appraisal interview and form part of a GPs Personal Development Plan (PDP) for revalidation purposes. RCGP Scotland continues to work with NHS Education for Scotland to ensure that GP appraisers are aware of EPASS and the significance of an EPASS accredited event within a Doctor's appraisal folder.



For further information regarding EPASS contact Jean Pearson, Development Officer, Admin Building , Cameron Hospital, 01592 226793. Email: jeanpearson@fife-pct.scot.nhs.uk

Sensory Awareness Taster Session

Assist but don't Assume

On 5 February members of staff from the Kirkcaldy and Levenmouth Community Health Partnership took part in a Sensory Awareness Starter Session as part of the Protected Learning Afternoon.

This popular training session was delivered by the Fife Healthy Living and Sensory Awareness Project. "The idea for this interactive training evolved from a consultation with people with a sensory impairment and British Sign Language users" said Janet Brereton, Project Worker. "Their view was that staff in health and leisure services wanted to assist but didn't know how to. Equally, people who are blind, partially sighted, deaf or hard of hearing are hesitant about asking for assistance."

The interactive session involved using simulated spectacles and lip-reading exercises, participants were provided with an overall awareness of the inequalities facing these target communities. This ranges from communicating with people who are deaf or hard of hearing to guiding people and making information accessible to people who are blind or partially sighted.

When asked how staff would use the knowledge gained on the course in their workplace the following comments were received: "Possibly someone may need help walking somewhere. I would know how to use the guiding arm technique. I will now be more specific when giving directions i.e. not just pointing over there."

Jean Pearson, who coordinates the Learning Scheme for the CHP reported that, "we had a waiting list for the session, which was full to capacity and have already established a list of staff who are looking to do this course. The evaluation for this session was one of the best we have experienced with 100% feedback, with comments like "fun and very informative" and "would recommend this to everyone one". We are looking to run the session at future dates"

For more information about these training sessions out with the PLT afternoons contact:

Janet Brereton at the Fife Healthy Living and Sensory Awareness Project, telephone: 01592 583 272, Fax: 01592 583 259 or
e-mail: hlsa.project@fife.gov.uk.

Update on Fife Protected Learning

Fife's GPs and practice staff, along with NHS Services and Departments, continue to keep their skills and knowledge up to date and to assist with this, special learning sessions throughout Fife are coordinated. The majority of surgeries close at the same time, when cover is organised by NHS 24 and the Primary Care Emergency Service (PCES) under the same system which operates during out of hours and at weekends. Many clinics and health centres will also be closed allowing NHS staff to participate in learning events. **The dates for 2008 are:**

Wednesday 23rd April

Thursday 19 June

Tuesday 9th September

Thursday 6th November

For further information regarding the PLT Scheme contact: Jean Pearson Development Officer, Tele: 01592 226793, or email jeanpearson@fife-pct.scot.nhs.uk
See page 5 for sessions on offer 23.04.08

Glenrothes, Kirkcaldy & Levenmouth Local Management Units, Central Fife Dementia Learning Forum

What is it? The Forum aims to improve the quality of life for people living with dementia. It allows for staff from a range of dementia care and support services to share their specialist knowledge and experience in a learning environment. This is achieved through facilitated group conversation discussing selected topics or themes.

Who Should Take Part? Multi agency staff involved in the care and support of people experiencing the effect of dementia. This encompasses the work of social work, psychiatry, health, residential care, hospital and community based nursing, housing and voluntary agency services. The forum is open to all staff (working in the Glenrothes, Kirkcaldy & Levenmouth areas) regardless of role or position and to any service user or carer who would like to participate. Further information from: Sandra Anderson, Kirkcaldy & Levenmouth LMU Development Coordinator, Elizabeth House, Carberry Road, Kirkcaldy, Tele: 08451 55 55 55

New Directions in Cognitive Behaviour Therapies

Overview: A clinical and theoretical update on current and developing approaches in CBT including CBT for bipolar disorders and self help for anxiety.

Transdiagnostic approaches and a control theory approaches to CBT will also be covered.

Guest Speakers :Dr Warren Mansell, Lecturer in Psychology & Clinical Psychologist, University of Manchester and Co-Chair of the Scientific Committee of the British Association for Behavioural and Cognitive Psychotherapies from 2008

Target Audience: This afternoon presentation will be of use and interest to all clinicians working in the field of mental health including, all Mental Health Nurses/Workers, Psychologists, Psychiatrists, Occupational Therapists and Mental Health Social Workers. It may also be of interest to General Practitioners.



Details of venues and times will be on the booking forms available 14th March

“ in house” sessions for staff groups will also be available and further information will be forthcoming from line managers.

Equality & Diversity

Aims: The aims of this mandatory course are to ensure NHS Fife Staff have knowledge of current legislation and how that should be reflected in the workplace. The workshop is to ensure that staff deliver a culturally competent service and they recognise the importance of peoples rights and acts in accordance with legislation, policies and procedures. We are hoping this workshop will enable every member of our staff to maximise their potential and ensure that services are appropriate and sensitive to the needs of diverse service users.

Target Audience, This afternoon session will be relevant to all staff.

Recognition and Management of Violence & Aggression

Aims: To provide staff with the necessary skills to recognise psychological arousal in angry people and a range of warning/danger signs presented. To provide staff with a range of verbal & non-verbal interventions to enable them to de-escalate aggressive incidents.

Target Audience, This 2 hour theory session would be relevant to all staff except those working in some areas of Mental Health

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Target Audience: This afternoon presentation will be of use and interest to all clinicians working in the field of mental health including, all Mental Health Nurses/Workers, Psychologists, Psychiatrists, Occupational Therapists and Mental Health Social Workers. It may also be of interest to General Practitioners.

Articles for the next issue of the Kirkcaldy & Levenmouth CHP Newsletter should be sent to, Jean Pearson, Admin Building, Cameron Hospital KY8 5RR or fax on (01592) 226899 or e-mail: JeanPearson@fife-pct.scot.nhs.uk.

No later than Friday 18th April