



Families, Health and Social Care

Cabinet Member Bulletin

Councillor Jane Avis

July 2019

Welcome to my July Bulletin,

New Directors in post

I am delighted to let you know that Annette McPartland has been successful in securing the role of our director of operations and Rachel Soni successful in securing the role of director of integration and innovation.

They both have a strong track record of leading and delivering in health and social care. Annette and Rachel have been working at Croydon for a number of years. Rachel has led the award winning One Croydon Alliance programme and Annette, a Croydon grown success, has a wealth of experience within social care and driving innovative projects.

Rachel Soni and Annette McPartland both join Rachel Flowers, director of public health, as the senior management team for Health, Wellbeing and Adults. Rachel Flag takes up the role of integrated delivery team manager leading on the One Croydon work.

These new appointments are key to our delivery model – further integration between health and social care and working in locality settings. This will ensure we are focusing on our resident's strengths - supporting them to be independent for longer and achieve the outcomes *they* want for *their* lives. And, as always, continuing to ensure that our most vulnerable residents are safe and receiving the right level of support early - preventing crisis.

I am sure you will all join me in congratulating Rachel and Annette who, along with Rachel Flowers will help to ensure our residents live long, healthy, happy and independent lives



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The new Cherry Hub opens with a buzz!

More than 100 people including many adults with disabilities, local charities and voluntary groups and staff were at the opening of the Cherry Hub on June 18.



A great deal has changed to the Cherry site. The Autism Service moved into their space within the Hub and they have settled well and work has been ongoing to give the Garden Centre, which is supported by volunteers with learning and other disabilities, a new welfare site and general upgrade. It is now busier than ever and I know colleagues who work at Bernard Weatherill House really appreciate all the hard work the

team do to keep the 5th and 8th floors looking beautiful.

Despite the rain everyone had a fantastic time. Many of the new facilities were demonstrated – the sensory room, the specialist dance and workout studio, where members of The BRIT School's community arts practice ran a singing class, cookery sessions in the training kitchen and the outdoor space where The Carbonators and DJ Soul Sista had everyone dancing!



We also had the Whitehorse photography group projecting their photos that documented the development of the building, therapeutic massage and of course, the Garden Centre.



Our new Mayor Councillor Humayun Kabir and my colleagues Cllr Louisa Woodley, Cllr Janet Campbell, Cllr Gerry Fitzpatrick and Cllr Yvette Hopley all attended and, after cutting the beautiful cake, thanked everyone who is involved in the project. We are looking forward to seeing the benefits it can bring as our community start to use it as part of Active Lives.

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Plans for a more efficient commissioning arrangements

On the 10 July we are taking a paper to Cabinet to discuss creating a number of Dynamic Purchasing Systems (DPS) as an approved end to end method for the Single Health and Social Care Micro-commissioning and call-off for a range of health and social care services.

The proposal is to replace the Integrated Framework Agreement (IFA) that commenced in 2014/15 and will expire at the end of March 2020. As a Framework Agreement, the IFA had a maximum life of 4 years (although this has been extended to 5 years). Many of the current services procured through the IFA will be in future be procured from a DPS. However, the IFA was not particularly effective for residential and nursing homes where services were commissioned outside of the framework

This is a joint project between Adults Social Care, Children's Social Care, Gateway, One Croydon Alliance and our health partners. Supported by the eMarket place system the DPS will able the process all of health, social care for adults and young people services and part of Gateway's commissioning needs, as well as being able to handle bespoke procurement call offs.

It will deliver more efficient commissioning arrangements of Adults and Young People Social Care Services and will improve the quality and timeliness of placement conducted on behalf of the Local Authority and its health partners.

I will keep you updated on progress through this bulletin.

Hop into action with smart sugar swaps

We are continuing to support residents, businesses, schools and early year's settings to reduce the sugar they consume in food and drinks and also to provide more sugar-free choices in shops and on menus. The aim is to get people to better take care of their teeth and gums and maintain a healthy weight by ditching sweets for healthier treats.



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We recently placed posters around the borough and used our social media to promote the SUGAR SMART Spring campaign that encouraged people to hop into action and make smart sugar swaps.

Tooth decay is the leading cause for hospitalisation among five to nine year olds in the UK. Simple sugar swaps can greatly help to reduce the risk of heart disease, gum disease and type 2 diabetes

Making the choice to swap chocolates, sweet biscuits or fizzy drinks for fruit, sugar-free options, or water can be simple.

You can find some sugar swap quick wins on our website
www.croydon.gov.uk/sugarsmart

Do also encourage friends, family and colleagues to join you on your sugar smart journey.



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Proposed changes to the Direct Payments policy for adult social care

We are proposing to update our direct payments policy and want to hear from people who use, or may want to use direct payments, their families, carers, professionals and organisations.

We are doing this to ensure our direct payments policy is in line with the [Care Act legislation \(April 2015\)](#) and the changing needs of our population. Croydon is updating the policy, for our staff, and the people who use (or want to use) direct payments



Before we make any changes, it's important that we understand if people think it will make their life better or if it could cause problems. To do this, we have developed a short survey, where people have the opportunity to let us know their thoughts.

The survey is online at www.croydon.gov.uk/directpayment_consultation where there is the full draft policy, a summary and an easy read version. People can choose which one to read through and then answer a few questions.

If someone can't go online, but has access to email, they can email Talk2SocialCare@Croydon.gov.uk and they will be contacted to find out the best way for them to take part.

The consultation runs until 16 August 2019.



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Singing, dancing and knitting to support dementia



I would like to thank everyone who supported this year's Dementia Action Week events in May that were organised by the Croydon Dementia Action Alliance (CDAA).

The CDAA is a partnership with Alzheimer's Society, Croydon Council, NHS services, Age UK Croydon, the Met Police, London Fire Brigade and more than 20 other local organisations.

Dementia Action Week helps to raise awareness of the condition and encourage people to take positive actions, such as becoming a Dementia Friend, and support those with dementia, and their carers, to enjoy activities with other residents in their local community.

I attended the amazing 12-hour extravaganza at Croydon University Hospital, which included a knit-a-thon making hand muffs for dementia wards at the hospital and South London & Maudsley NHS Trust. The muffs help to relax people living with dementia during their hospital stay or visit and can help prevent them getting agitated.



The hospital also hosted dementia information sessions and stalls to raise money for dementia causes.



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The CDAA also arranged a popular tea dance during the week with lots of dancing and live singing. Our new Mayor, Councillor Humayun Kabir, also participated in the fun.

Other events included a special dementia friendly screening of Summer Holiday (1963), starring Cliff Richard and The Shadows at Croydon's David Lean Cinema.

There were dementia open days and more singing and dancing at The Memory Tree Café at Age UK Croydon, Croydon's BAME Forum, Marsh Willow Day Centre and Sunrise Senior Living care home.

Read more

<http://news.croydon.gov.uk/stitch-sew-go-get-your-needles-poised-to-support-dementia/>

Know your numbers if you want to count on good health

Men's health by numbers

120
80

Do you know yours?

We supported Men's Health Week in June which encourages men to get to know the vital statistics that can improve your chance of living a long and healthy life.

Making a few simple lifestyle changes to improve your health can be a life saver like finding out your like blood pressure levels, waist size and the recommended units for alcohol consumption.

It is estimated that there is up to a 10 year difference in male life expectancy in Croydon between Selsdon and Selhurst areas. We want to see numbers like these greatly reduced.

You can get started by completing a health MOT in five minutes on Croydon Council's health website at www.JustBeCroydon.org This will give you your own personalised report that can help you set achievable goals throughout the year to lose weight, quit smoking, drink less alcohol, exercise more and tackle other unhealthy behaviours.

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Face-to-face health advice is also available from Live Well Advisors based at a local health hubs. No appointments are needed. Find a health hub near you

<https://www.justbecroydon.org/just-live-well/>

Carers Week 2019



The 10 - 17 June was carers week and there were lots of free informative and fun events taking place aimed at people caring for a friend, family member or neighbour needing their help due to illness, disability or old age.

The Carers Support Centre, which is funded by the council and run by the Carers Information Service, extended

its Carers Cafe opening times and hosted a wide-range of free health and wellbeing events. There was Tai Chi, a managing stress workshop, poetry and music sessions and more!

If you are a carer and would like to visit the Carers Support Centre, it can be found at 24 George Street, Croydon CR0 1PB (opposite George Street tram stop)

www.carersinfo.org.uk

1 Talking Point, 5 good conversations, 2 songs and Community Led Support is off!

In my April bulletin I told you about the changes within adult social care as we moved towards locality working and started to apply the Community Led Support principles, providing timely access to relevant information, connecting people to local services and networks within their communities and helping to prevent their problems get worse. Also ensuring that, if people need wider health wellbeing and adults statutory services they receive them.



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Our first 'Talking Point' was at the Parchmore Community Centre in Thornton Heath on Monday 3 June; a chance for 'good conversations' with some of our residents.

5 people came by appointment and one person dropped in to speak to the team. Supported by the Parchmore staff, four members of the council locality team and a colleague from Croydon Voluntary Action (CVA) were all available.

Residents who came seemed to really like the different approach; meeting in a relaxed local venue and having person centered, strength based conversations to find out what really matters to them.

The informal, softer, lighter and brighter environment seemed to help in making people feel comfortable; more relaxed: more equal; more valued. Great use of strengths-based, person centered open questions made a real difference to the quality of the interaction.

In one example good conversations and meaningful interactions led to one person bursting into song as they discussed their interests. An Action Plan, which was wholly focussed on the outcomes the resident had been given the time and support to share was developed. It makes a huge difference to have the time, space and permission not to focus on the assessment and eligibility issues at the forefront but instead on what really matters to the person, building on their strengths and gifts and those of family, friends and, with the crucial support of our VCS, social prescribing and colleagues from across the council, on connecting people to their local community and vital practical support.

It is early days, and the plan is to start small and keep reflecting and learning to ensure we get this right.

For more information: Annette.McPartland@croydon.gov.uk





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We can all do our part to stamp out measles in Croydon

Measles continues to be an issue in communities across London, the UK and globally. There is an ongoing outbreak in London and Europe and we are closely monitoring the situation in Croydon.

We can stop this and help to protect ourselves and loved ones too.



Two doses of the MMR vaccination provides immunity against not only measles, but also mumps and rubella. The vaccine is proven to be safe and effective and a full course is just two injections, which you can complete at any age.

The more people who have this immunity, the more the whole community is protected from measles.

How you can help eliminate infectious diseases:

- Parents and carers should ensure their children's vaccinations are up-to-date.
- If you do not know your vaccination status, speak to your GP.
- If you are thinking about getting pregnant, your vaccinations should be current beforehand.
- Get the facts and advice about vaccinations from a GP, pharmacist, health professional or the NHS website <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>
- If you work at a school or college, find out their vaccinations policy and consider sending information to parents /carers, students and staff about being adequately protected.

Read more about what we are doing to eliminate measles in Croydon
<http://news.croydon.gov.uk/time-to-eliminate-measles-in-croydon/>



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I hope you find this bulletin interesting, if you would like to contact me about anything, please do so on:

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