

We welcome your feedback! Please contact a member of the East Locality Leadership Team.

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### Locality Update

Our primary care based ONPOS (online prescription ordering service) project went live at the start of May! We have met with all the practices involved and initial feedback is really positive! The nurses across the practices who are leading on the implementation for each of their sites have worked really hard behind the scenes, along with the CCG medicines team. Going forward, we will be auditing those patients who are discharged from hospital without the agreed supply of dressings as well as reviewing the savings that ONPOS brings.

The social prescribing network continues to meet monthly, most recently hearing from Monty's Hub in Sholing. We will be looking at the CPD needs of the social prescribers and seeing how we can support them to develop their knowledge and skills base, alongside SO:linked.

And our sights are on what next and looking at a One Team approach to MDTs – watch this space or contact us for more information!

### Community Independent Service East

The Community Independence Service East provides locally based multi-professional rehabilitation, reablement and social care assessment and treatment. We work with people in their own homes and care settings who need help to stay independent or regain skills, and we also specialise in falls prevention. The team has OTs, Physios, Social Workers and a range of support staff who work with people to achieve agreed goals, along with sessional support from our Consultant in Older Persons Medicine. Service users are expected to actively participate by practising skills between visits where possible and appropriate. We accept referrals for adults and older people aged 18 and above who are registered with a Southampton city GP and/or live within the Southampton city boundary.

We have named link staff for every care home and GP practice in the East and are really keen to work hand in hand with other involved colleagues so do get in touch. The team are based on the first floor at Bitterne Health Centre, and can be contacted on 0300 123 4026, [snhs.ciseast@nhs.net](mailto:snhs.ciseast@nhs.net)

Practice	PCN	Name
Woolston Lodge	Woolston	Mariola Bryk
Townhill	Woolston	Mel Garlick
Old Fire Station	Woolston	Joanna Bandyk
St Peters	Woolston	Julia Ellis
Living Well Partnership	Living Well Partnership	Kate Bennett and Sharon Lake
Peartree	Bitterne	Claire Sheridan
Bitterne (West End Road)	Bitterne	Amanda Byese and Kirsty New

## **Southampton Smokefree Solutions**

Southampton Smokefree Solutions is a new service that has been commissioned by Public Health, Southampton City Council to provide free smoking cessation training and support to organisations across the City. Southampton City has a mixed model of smoking cessation delivery which means there are various options available to access stop smoking support which can be found at <https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service>.

We are providing free support and training for Practitioners who are currently providing a stop smoking service and the next update session is 23rd June at 6-9pm. If you would like to become a Stop Smoking Practitioner, we provide training for new advisors and the next dates are 11th June 9-5 or 6th & 7th July 6-9pm (a prerequisite for this training is completion of the NCSCCT practitioner course which can be accessed at [www.ncsct.co.uk](http://www.ncsct.co.uk)).

We also provide VBA training (very brief advice); this is ideal for those working in the community and can be carried out by anyone. Asking about smoking and being able to signpost a smoker to a local Stop Smoking Service is recommended for all who come into contact with smokers through their work. Our next session is on 10th June at 6-9pm.

All our training is virtual and is free.

For further information about Southampton Smokefree Solutions or to reserve a place at one of our training events, please email [southampton.smokefreesolutions@nhs.net](mailto:southampton.smokefreesolutions@nhs.net) or call 07773474305.



**SAINTS  
FOUNDATION**

## **Saints Foundation Senior Saints Programme**

Maintaining independence and improving wellbeing is at the forefront of Senior Saints and we bring that to our older adults (55+) in the community.

Sessions run daily throughout the year, with our staff on hand to provide assistance and expertise, now is the time to enjoy exercise, make new friends and stay independent.

### **ON ZOOM**

We deliver exercise sessions digitally on Zoom and weekly 'tea and chat' (with guest speakers) and quizzes

### **SENIOR SAINTS STROLLS**

From 17th May we will be delivering moderate level walks for seniors across city at Weston Shore, The common, Riverside Park and Southampton Sports centre.

### **VOICE FM**

Hear us on the radio 5 days a week Mon-Fri at 12noon on 103.9FM for a 10 minute exercise programme.

### **GROUP EXERCISE**

In venues across the city from 21st June we will deliver, group exercise including chair based, walking sports (football and cricket), dance and circuits.

To recommend a patient to any of the Senior Saints delivery, we ask that you/the patient completes this form on our website, we will then make contact with them to identify what session is best for them:

<https://www.southamptonfc.com/saints-foundation/projects/health/senior-saints>

## Spotlight On SO:Linked



Our community navigators continue to support people to link up with local activities and services. We also have specialist navigators from:

- Solent Mind for people experiencing mental health difficulties
- Alzheimer's Society for people living with dementia and their carers.

Contact the SO:Linked team and our navigators from Spectrum will put you in touch with the right navigators for you.

SO:Linked Peer support mental health navigators from Solent Mind continue to support people experiencing mental health difficulties. With the return of the Wellbeing Café at Thornhill Baptist Church our mental health navigators are once again seeing people face to face there. (Due to covid restrictions you must book an appointment. Please contact SO:Linked or Solent Mind directly to do so) The navigators can also link with you via phone, or at one of their online peer support groups.

### Volunteer Awards

Do you know someone who has given their time and talents and deserves to be recognised for their contributions to the community? If you would like to nominate someone for a volunteering award please complete the form on the website. All nominees will receive a certificate and be invited to an online awards ceremony. Remember to book a place for yourself and your volunteers if you'd like to come along to the ceremony.

### Dementia Friendly Southampton (DFS)

If you are interested in helping Southampton to be a good place for people living with dementia and their carers, please consider getting involved in DFS! Its local individuals, groups, organisations and businesses working together for a dementia friendly city. Contact us to join the mailing list, let us know if you would like a dementia friends' session for you as an individual, or for your organization or work place and if you're running a dementia friendly activity please upload it to our directory so we can let People Living with Dementia (PLWD) and their carers know about it [Add a service - So:Linked \(solinked.org.uk\)](https://solinked.org.uk)

### SO:Links

We support these local forums across Southampton. They're a great opportunity to gather with other local residents, housing reps, local organisations, social prescribers and community navigators, health services and council representatives, to share information about the local area, to help identify community priorities and to work on new initiatives together. Everyone is welcome, to sign up to the mailing list you can send your contact details to [n.judd@southampton.org.uk](mailto:n.judd@southampton.org.uk)

### Green Network

We're facilitating this in partnership with Solent Mind/Mayfield Nurseries. At the launch attendees took part in activities to design the network they want. There were some brilliant ideas, information sharing and ideas for future topics, such as green activities for health and wellbeing, and volunteering. We hope the green network will make it easier for local people to get involved in green activities that are so positive for our mental and physical health and wellbeing. If you're interested in being involved please contact Phil Paulo [ppaulo@solentmind.org.uk](mailto:ppaulo@solentmind.org.uk)

### SO:Let's Connect

We are still taking referrals and are currently looking for further funding for this much needed service. Anyone needing help to use digital devices to access services or stay connected can be referred or refer themselves on the SO:Linked website or by calling or emailing SO:Linked. This project is delivered in partnership with a number of local organisations and individuals

### Families

If you are a local family, or work with local families, we're wanting to find out what life is like, what are the challenges and what could make life better for families in your local area? Please let SO:Linked know your thoughts [n.judd@southamptonvs.org.uk](mailto:n.judd@southamptonvs.org.uk)

### Local Solutions Groups Update

#### Itchen to Bridge the Gap - Cluster 5 • Paul Lewzey reports

Southampton's bid to be City of Culture in 2025 is now a standing item on our meeting agendas. We want to involve as many people as possible in all the cultural activities across the City. [Southampton's bid to become UK City of Culture 2025](#)

Mental Health and wellbeing underpins all health and wellbeing activity. We are bringing together a subgroup of Itchen To Bridge the Gap – SO19 Links. This will explore ways that we can get people together to support mental health and wellbeing. Mental Health is everyone's business! This was highlighted by the recent Mental Health Awareness Week. We have had the national Dementia Action Week when group members were involved in activities to promote awareness and improve the lives of people affected by Dementia.

Over the next few weeks we will figure out how to arrange Itchen to Bridge the Gap meetings in physical places, whilst keeping the opportunity for people to attend online.

Helping people become connected online is the purpose of SO: Let's Connect [SO:Let's Connect – Digitally Connecting People \(soletsconnect.co.uk\)](#). Many people can't access social contact with friends and family.

Use of online services like shopping, banking and finding information is not possible, alongside accessing NHS and other public services. We have been giving people the chance to get loaned recycled IT kit, to get a connection to the Internet and to get volunteer help using devices. We have not been short of referrals for the service and we have been lucky to recruit a great team of 'Digital Connector' volunteers. Many thanks to all concerned, including all the voluntary groups who have offered their help!

#### SESSH – Local Solutions Cluster 6 • Astrid Vawani reports

At the SESSH meeting on 11th May we heard from Rachel Watson who is looking to establish a well-being Café in the city centre. The SESSH focus group have been working on a Recovery programme and comprises of leaflets people can use at home, suggestions for healthy activities that people can do from home and recovery rooms which will be physical safe spaces where people can go and quietly reflect or talk to others about what is going on their lives. Training for Working in Communities (TWICS) and Compassionate Cuppa have developed a 10-hour training course entitled "Supportive Conversations" which will give participants a chance to explore loss and anxiety about coming out of lockdown. Recruitment for this course is underway. We concluded with an information gathering exercise which look at combatting poverty. The next meeting is 11<sup>th</sup> June and the Zoom codes are available via Eventbrite booking. Please contact [astrid@thornhillbc.org.uk](mailto:astrid@thornhillbc.org.uk) for further details.

### Fun Fact!

The Bitterne Triangle clock tower is one of Southampton's most well-known landmarks with its clock faces, water fountains and drinking troughs. It first stood in Above Bar from 1889 but was moved to its present site in 1934 due to city centre roadworks!