



East Lothian Community Care Forum

Annual Report

2015-2016

The year in view

Over the past year, East Lothian Community Care Forum has been as active as ever.

We have been working against a background of how the local council and health authorities deliver social care. Our projects have been concentrating mainly on research

which has become the mainstay of the Forum's work.

On the personal front, staff have had to cope with events in their own lives but have succeeded in accomplishing an impressive body of work some of which we can touch upon in this annual report.

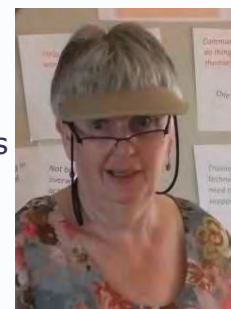
In support of self management

ELCCF held its 'Support me support myself' session at its annual event in Port Seton Community Centre last October.

Based on the issue of self management in health, it welcomed a number of service users, representatives from the

local authority and health, and other organisations.

The event was hosted by Janice Thomson of KICC - Keeping fit with a Chronic Condition - and examined potential improvements to current practice and suggestions to thinking and systems dealing with the developing field of self management in health.



Janice



Event speaker Dave Bertin from Chest, Heart and Stroke Scotland spoke about managing a long term condition. Key to this, he said, was having people take control of their lives by developing skills and knowledge to boost their confidence and motivation.

The conclusion drawn at the end by those attending was that people often not only have to manage the physical aspects of their condition but also the social, economic, psychological and cultural issues. Hence, focusing on the medical condition and medical interventions alone is not enough to enable self management.

Community Action Research

There is substantial evidence that this form of research has built the capacity of individuals and communities to evidence the need for and achieve positive change in the service or support provided to their community.

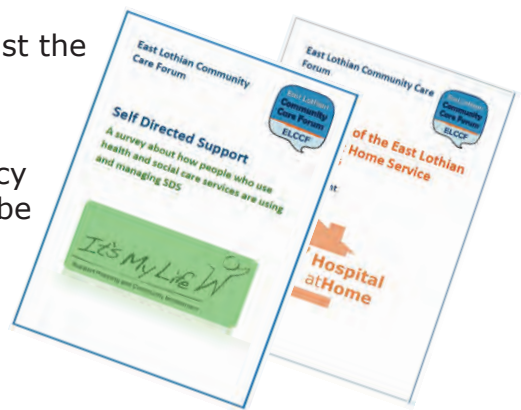
Emergency Care Service

ELCCF's community action researchers completed a piece of work commissioned by ELC Adult Wellbeing evaluating a new service providing emergency 24 hour support to people who have a community alarm.

Findings from the report showed that service users valued this service highly in supporting them to live independently in their own homes, knowing that help is at hand anytime day or night at the press of a button.

The service plugged gaps in provision where in the past the emergency services would have been called out.

Evidence also showed that ECS is instrumental in preventing hospital admissions by providing emergency care at home support until longer term planning can be put in place.



The completed reports and below, part of our HaH web-based questionnaire.

Hospital at Home

Following a meeting with David Small, ELCCF was delighted to be asked to evaluate this new and innovative community Health project.

Hospital at Home provides specialist medical care to support people who are acutely unwell in their own home preventing, where possible, hospital admission. Response to date has been very positive from patients who have used the service.

Results from this research will be available in autumn 2016.

Self Directed Support

In February this year ELCCF supported the East Lothian Council adult wellbeing department consultation on Self Directed Support by starting a small piece of community research to find out how people are managing with SDS. This research is ongoing and will be completed early Autumn 2016.

Our thanks to Linda Alexander who was taken on temporarily by the Forum to help with the Hospital at Home community research project. Linda spent a short time with us but is valued for the work she put in to make the project such a success.

Wellbeing Passport

The past year proved a successful one for our pilot Wellbeing Passport project, the brainchild of Forum volunteer Ross Macphail.

The Forum was also invited to the Allied Health Professionals Stroke Conference in Stirling and took the podium to brief attendees on the Wellbeing Passport project.

The Passports act as a 'voice' of the Passport holder, carrying essential health details and a glimpse of his or her life. By showing it to health professionals the idea is to avoid having to relate the same information time and time again, while giving a better picture of the holder as a person.

The pilot has been funded by Edinburgh and Lothians Health Foundation and will run for a year. The Passports are unique in that they are built with the aid of a Forum-trained volunteer facilitator who compiles the contents in co-operation with the prospective Passport holder in a conversational setting.

If you want a passport or want to volunteer as a facilitator, get in touch with the Forum.



Volunteer helper at Harlawhill Muriel Styles presents day centre regular George Glynn with his new Wellbeing Passport. (Right) Ross displays a promotional banner for the project.



Other Forum activity

- With the coming of the new East Lothian Joint Health and Social Care Partnership, ELCCF Trustees and Members met with David Small, Director of the Partnership, to discuss the future of ELCCF and how it can work collaboratively with the new Partnership. David was positive about our new direction with Community Action Research and keen to initiate joint projects.



David Small.

- Campaigning - ELCCF continues to campaign for a fairer ELC charging policy for facilities used by older and disabled people. The Forum is currently in a position to influence the review of this policy through its participation at the review table.

- The Forum continued its Community Journalism course this year, delivering some tips and techniques on how to promote your organisation in the media, be it press or internet. The accompanying handbook was updated to run in line with the course.

Information and Communication

The Forum's communications and information side helped bring ELCCF activities to the public's attention via posters, bulletins, press releases and a refreshed website. The Forum also has a presence on Facebook, can and offers print and video services to other organisations via its Media Shop sidearm.



Some of the bulletins issued over the past year.

Report from the Trustees

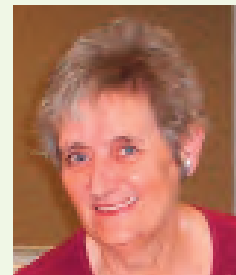
As we're all aware, with every year that passes things change, and here at the Community Care Forum, it's no different.

ELCCF works against a background of shifting policies and mechanisms in the realm of adult social care. The biggest change to be experienced is the bringing together of services under the new East Lothian Health and Social Care Partnership - a body which brings services traditionally handled by Lothian Health and East Lothian Council under one roof.

As the Partnership grows, the background to the Forum's work shifts as the social care environment changes.

But despite the redrafting of responsibilities and tweaking of services, the role of the Forum remains the same - to let the voices of service users be heard.

Earlier this year, the Forum met with the new Partnership's chief officer David Small to discuss ways of working together and finding out how ELCCF could benefit the Partnership in community action research projects.



Trustees Alan Brown and Ann McCarthy.

Subsequently, the Forum has been active in CAR projects involving the Hospital at Home service and the Emergency Care Service.

ELCCF has also been engaged in the move to counter the imposition of charges for services at day centres.

Last but not least, thanks as ever to ELCCF's core funders, East Lothian Council, and to Edinburgh and Lothian Health Foundation for supporting the Wellbeing Passport project.

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