

May 2019



NAVCA Health & Social Care Update

Welcome to our round up of health and social care news, resources and events from May 2019.

Resources & research from Mental Health Awareness Week 2019

This month we had Mental Health Awareness Week and this year's theme was 'Body image – how we think and feel about our bodies.'

This topic has been researched in great detail by the Mental Health Foundation, which published a report titled 'Body image: How we think and feel about our bodies'. This covers new statistics relating to body image as well as policy recommendations. You can read an [executive summary of the report](#) and you can [download a full version of the report here](#).

Free mental health training and resources for small charities

[Mind](#) launched a free e-learning programme designed specifically for small organisations. Mental Health for Small Workplaces is made of three modules: Building your awareness, Looking after yourself and Supporting each other. You can find a link to the eLearning and a selection of supporting resources [here](#).

Closing the Employment Gap Toolkit & Scoping Review from the YPHP

Young people's mental wellbeing can significantly affect their ability to apply for, obtain and maintain work. The Young People's Health Partnership (YPHP) and partners from the Health & Wellbeing Alliance have developed a toolkit for those working with young people to support them. This includes a [Closing the Employment Gap for Young People Toolkit](#) and a [Scoping Review](#). Please share these amongst your networks particularly organisations that support young people. You can find out more about the YPHP and its work [on the website](#).

The Voluntary Sector Partnership Podcast

Don't miss [this podcast](#) from NHS England which explores the value of a joined-up way of working between systems and the voluntary sector. It identifies the benefits of voluntary sector involvement in health and care partnerships and what this means for clinicians and their patients.

It features Ben Barley from NAVCA member, [Voluntary Centre Services](#), who speaks about the real value for health services of working with local voluntary sector organisations in delivering care to local communities. [Listen to the podcast here.](#)



Help the CQC work better with VCSE sector

The Care Quality Commission is asking voluntary and community organisations to take part in a survey which will help them to shape guidance on how the Commission will work with the sector. This will include what to expect from the CQC and how VCSE organisations should share information with them. The CQC is looking to make changes at local level and is encouraging small and local charities and community groups to take part in the survey, which should only take five minutes. You can [find the survey here.](#)



Winners of the 2019 GSK IMPACT Award announced

Suffolk Family Carers has beaten over 370 charities across the UK to win the overall 2019 GSK IMPACT Award. The charity was picked from 10 original winners to take the overall award. Suffolk Family Carers will receive £40,000 in unrestricted funding as well as expert support and leadership development provided by leading healthcare charity, The King's Fund.



There are an estimated 6.5m unpaid carers in the UK and 88,000 in Suffolk. The impact of caring responsibilities can be significant with 61% of carers in the UK reporting physical ill health and 72% reporting mental ill health as a result of being a carer. For over 30 years Suffolk Family Carers has helped carers of all ages across Suffolk. The charity received 11,000 calls to its helpline in the last year alone, an increase of 30% on the previous year. Suffolk Family Carers is pioneering innovative partnerships with schools, hospitals, pharmacists and GPs to identify and support thousands of unpaid carers in the community.

When choosing the overall winner, the GSK IMPACT Award judges were particularly impressed with the range of creative [support services](#) set up by Suffolk Family Carers.

The [2020 GSK IMPACT Awards](#) open for applications on 1 July 2019. To find out more about Suffolk Family Carer's work or to get help, visit www.suffolkfamilycarers.org

Events & webinars

Association of Mental Health Providers hosts free webinars for VCSE sector

With support from the VCSE Health & Wellbeing Alliance, the Association of Mental Health Providers (AMHP) is hosting a series of free webinars for VCSE organisations and policy leads. The webinars are theme-specific including Men's Health, Homelessness and Money and all focus on the prevention of mental health problems. Each webinar is developed in conjunction with a Health & Wellbeing Alliance partner, offering specialist expertise. You can find a [full list of the webinars here](#).



International Social Prescribing Network Conference, July 11-12, University of Westminster

This two-day collaborative conference will provide an exciting opportunity to hear the latest research and thinking on the implementation and practice of social prescribing around the world. You will hear how social prescribing is being implemented in Canada, the Netherlands, Singapore, and Finland as well as understanding progress in the home countries of the UK.

Keynote talks and breakouts include the latest strategic information and discussion from NHS England by James Sanderson, Director of Personalised Care and a comprehensive review of the evidence for lifestyle medicine by Dr Dean Ornish, Clinical Professor of Medicine, University College San Francisco.

Supporting patients with complex needs, July 16, Manchester

The Building Health Partnerships is hosting a free event for commissioners, clinicians, service designers, delivery organisations and system leaders from across health and care, including VCSE and Patient and Public Voice partners. The session will focus on working with the VCSE sector to prevent strokes, but the principles will be of interest across any 'condition'. Find out more about this event, and how to register [here](#).

Resources

VODG report highlights importance of VCS disability organisations

A new report from VODG has highlighted the significant social and community impact of voluntary sector disability organisations.

[Above and Beyond: How voluntary sector providers of disability support add value to communities](#), produced by VODG (Voluntary Organisations Disability Group) explores how

innovative not-for-profit organisations consistently and proactively meet gaps in support, particularly as austerity undermines existing provision.

Above and Beyond outlines the voluntary care sector's key impacts, including:

- engaging local partners and harnessing the potential of community resources
- helping people meet their aspirations and live the lives they want
- reducing social isolation and promoting inclusion
- creating wider social and community benefits by supporting the needs of individuals
- changing perceptions of disability.

You can [read the full report here](#).



Help your project reduce loneliness

Last month, NPC published a resource for grant holders of the Building Connections fund which can be used widely for projects that are tackling loneliness.

[10 tips to help your project reduce loneliness](#) focusses on how services are delivered, rather than what they deliver.

It is designed to help organisations plan and implement projects to work more effectively to reduce loneliness and focusses on opportunities to incorporate best practice. [Find out more and access the resource here](#).



Blogs

[Danielle Conway](#) is Macc's new Health and Care Development Worker and in this blog she describes how she has approached her new role, starting with relationships and an invitation to those in Manchester to get in touch.

[Roger Graef](#) writes for The Guardian about the social care system he describes as a slow-motion car crash. Roger is an 83-year-old film maker who has produced the two part Panorama series Care in Crisis.

[Laura Bell](#) summarises the key takeaways from National Voices' conference on putting people and communities at the centre, which explored what needs to happen to make the NHS Long Term Plan work for people with long term conditions and frailty.

[Rupert McNeil](#), Government Chief People Officer, opens up about his own mental health problems in this blog, which supports a series of '[This is me](#)' films, developed by the Civil Service Leadership Academy for Mental Health Awareness Week.

[Charlotte Augst](#), new CEO of National Voices, shares her first hand experience of peer support in this blog, which explores the importance of National Voices new [Peer Support Hub](#).



Stay connected with the HW Alliance newsletter

Please encourage the VCSE organisations you work with to sign up to the monthly edition of the Department of Health's voluntary sector team's newsletter. They can be added by emailing: HWAlliance@dh.gsi.gov.uk. The newsletter includes updates on the work of the Health and Wellbeing Alliance and news from the DH, NHS England and Public Health England.



NAVCA is part of the Health & Wellbeing Alliance. You can also stay up to date with the Alliance by searching #HWAlliance on Twitter.

STAY CONNECTED



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