



Welcome to the "IESCCG Care Navigator News". A newsletter to update you on work at the CCG and to provide the opportunity for **YOU** to share **YOUR** news and successes. The Care Navigators Forum is for Care Navigators working in general practice across Ipswich and east Suffolk to share information, link with each other and engage in shaping the future of practice Care Navigation in Ipswich and east Suffolk.

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Latest Care Navigator Forums

The second Care Navigator Forum was held on 14 March 2019 at Trinity Park.

The Forum included both dementia awareness and dementia friends training from Sue Ryder and the Alzheimers Society, as well as information in diabetes self-referral pathways and the 'Q&A' session which informed some avid discussion on Care Navigator issues.

Thursday 20 June

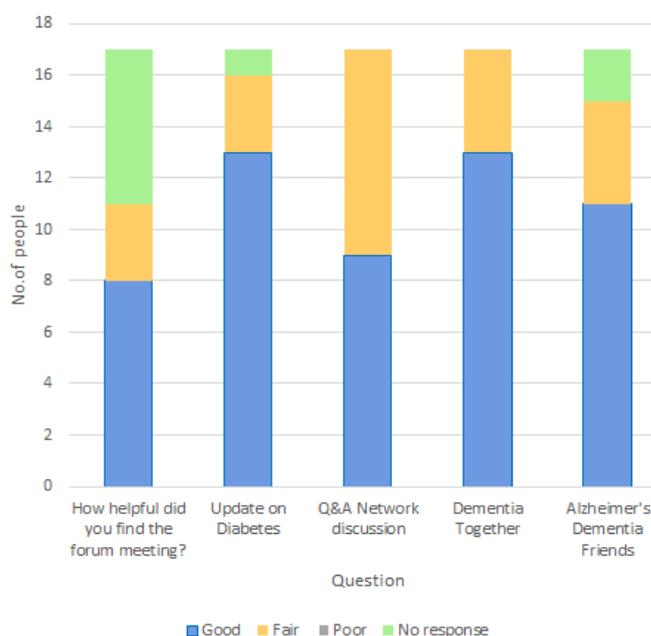
The next Forum to be held on **20 June 2019, 2pm at Trinity Park (lunch from 1:30pm)** will allow more time for the Q&A session on the agenda.

Click [here](#) to view the agenda.

Summary of Care Navigator Forum Feedback

Session Strengths	Improvement Opportunities	What you would do differently?
Resources received from speakers	More time for Q&A discussion	Listen and be more aware of patients and their needs
Gaining an understanding of the different services available to people	Speaker time targeted to agenda item.	Train colleagues in dementia awareness
Informative speakers	Summary of updates from the CCG	Consideration given to making calls to patients from the front desk

Care Navigator Forum Feedback - 14 March 2019



Contact the Elderly

Contact the Elderly brings happiness and companionship back into the lives of older people suffering from loneliness and social isolation. They organise monthly Sunday afternoon tea parties for people who are aged 75 and above who are living alone, with little contact with friends or family. The simple concept of a cup of tea and conversation helps the older guests to feel part of their community again, make new friends and gives them something to look forward to.

Contact the Elderly already has groups running in Eye and Ipswich. To refer guests, who are happy to join the group, the referrer can visit <https://www.contact-the-elderly.org.uk/guest> and complete the application form online.

Contact the Elderly are looking to start groups in the near future in Stowmarket.

For more information about the tea parties, please contact Alex Berwick, Development Officer at Contact The Elderly by phone: 07949 706918 or by email alexandra.berwick@contact-the-elderly.org.uk.

Free Integration Services and Help for Learning Disability and Autism

Click [here](#) for information on free integration services from GYROS.

Click [here](#) for guidance to help those who have a learning disability or autism.

Dementia Bookcase Model

Part of the dementia friends training presented by the Alzheimer's Society at the March Forum included the Bookcase Model.



Click on the picture to read about the Bookcase Model.

Please click [here](#) for a short YouTube clip, useful for dementia awareness.

Age UK Befriending Service

Age UK offer a telephone befriending service to the whole of Suffolk. The calls are made by volunteers weekdays between 9am and 5pm and supported by two coordinators who also call clients regularly to ensure the service is working for them. Please click [here](#) for details.

Age UK also offer visiting in Kesgrave and Rushmere St. Andrew, to over 60s who are lonely in these areas. A referral can be made over the telephone by calling 01473 353061 between 9:30am and 2:30pm Monday to Friday.

Age UK are looking to extend the visiting service to Felixstowe and the Shotley Peninsula in the near future when they have enough volunteers to do so. Click [here](#) for more information.

Viewpoints on Care Navigation

Please click [here](#) to read the article by Dr John Harvard, Saxmundham Health Centre, on Care Navigation.

The article was published recently in GP Magazine.

Christians Against Poverty (CAP)

CAP is a national charity who work with local churches to support people facing the effects of poverty. CAP have excellent results and have helped thousands of people to become debt free, achieve life goals, find work and escape addiction.

- CAP Life Skills Course (Ipswich) teaches simple budgeting and money management skills, cooking skills and basic wellbeing and relationship skills.
- CAP Job Club (Ipswich) helps long term unemployed people develop skills to find and secure work.
- CAP Debt Help (Ipswich, Felixstowe, Saxmundham) offers 1:1 support for people who are trapped in debt.

All CAP services are free and open to anyone. To make a referral or for more details see capuk.org or email jreynolds@caplifefskills.org.

Stepping Home

Stepping Home is a project whereby people can move into short-term accommodation, if they are experiencing environmental issues at home to prevent admission at Hospital. There are two flats in Ipswich and Woodbridge, which are free to use in the short term.

Alternatively, Stepping Home can look to accommodate a patient from hospital who is waiting for things to be done at home to allow them to return home, which will 'free up' a bed in Hospital.

Please see the poster [here](#) for more information .

Sporting Memories

Sporting memories gives people the opportunity to look back and reminisce about their favourite moments of sport through the decades as well as the opportunity to take part in some low level physical activity. Activities such as reminiscence cards, spot the ball competitions, quizzes and guest speakers can help older people to recall their favourite sporting memories and to tell their own stories. By tapping into peoples' love of sport through using images of favourite stars, events and venues, conversations are started, happy and treasured memories flood back and the ensuing activities help to promote or maintain mental and physical well-being.

Groups currently take place in:

- Quay Place Ipswich, IP4 1BZ Mondays 10.30am-12.15pm
- Ipswich Library, Ipswich, IP1 3DE 2.15pm - 4.00pm
- Hadleigh Leisure Centre, Hadleigh, IP7 5BH 2.00pm-4.00pm
- Lowestoft Library, Lowestoft, NR32 1DR 10.30am - 12pm

Please contact Phil Lown phil@sportingmemoriesnetwork.com for more details.