NHS Corby’s Annual General Meeting

More than 50 people attended NHS Corby CCG’s Annual General Meeting on 7 July at The Rockingham Forest Hotel.

Members of the Governing Body talked through 2015/16 years’ achievements, discussed current projects and planned for the year ahead.

They spoke about how they had worked to reduce high HIV Diagnosis rates in Corby, developed their Collaborative Care Team, offered additional training for health care professionals and developed an online directory of voluntary health and wellbeing services called Access Corby.

Questions were taken from the audience regarding the future of mental health service provision in the area and the challenges at Kettering General Hospital, both at the front desk and at the point of discharge.

Marian Anderson, Marketing and Audience Development Officer from Made in Corby said:

“The event was really useful in terms of discovering where our organisation could fit into the strategic aims of the CCG. It feels like the CCG is something we can all link into in terms of health and wellbeing which is the number one priority for all of us. After all you can't do anything positive if you are not feeling well.”

Infection Control Volunteers Still Needed!

- Do you or someone you care for have a long term condition?
- Are they at risk of urine/ chest or other types of infection?
- Would you like to try and prevent an avoidable hospital admission?

NHS Corby CCG is running a year-long pilot scheme designed to prevent emergency admissions due to infections. The pilot is already underway but we need more volunteers.

The pilot trains people at risk and/or someone supporting them, to regularly monitor for the early signs of infection to try and prevent them becoming seriously unwell and possibly needing hospital care.

Participants are trained to take breathing, pulse, urine dip test and temperature observations and record this on a simple website. The website works out how at risk of deterioration from infection you or the person you support is and gives advice on the right action to take. If results indicate a high risk, a text is automatically sent to a clinician who will make phone contact with you to check the situation and make sure action is taken to obtain a diagnosis and treatment.

Eligibility criteria:
- Recurrent UTI/Respiratory Infections and/or
- A hospital admission due to infection in the past 12 months

To refer a patient or their carer visit: miralife@nhs.net

Training for Carers

Have you heard about the Needs and Aspirations project facilitated by Nene Valley Community Action?

This project offers carers a wide range of training and leisure activities which gives them the chance to have some important time out from their caring role. The sessions also enable carers to meet other people in similar situations to themselves.

For more information please go to: www.northamptonshire-carers.org/just-for-carers/training-for-carers/
Police Consultation to Gauge Views of Deaf and Hard of Hearing Community

The police, in collaboration with Deaf Hub, are providing a series of consultation events and an online questionnaire aimed at understanding whether the services provided by the police meet the needs of the deaf community.

Members of the deaf community are urged to take part in a series of events or fill out the questionnaire in order to determine whether Northamptonshire Police offers appropriate support, services that meet the needs of the deaf community and whether any barriers exist between the police and the deaf community.

The force aims to get a better understanding of how accessible it is to people who are deaf, deafblind or hard of hearing.

Officers are keen to hear from people about their experiences following contact with the police.

A British Sign Language (BSL) interpreter and Deaf Blind Interpreter will be on hand during the events, which are taking place across the county between 2pm and 8pm:

- 29/06/2016 Kettering Quaker Meeting Rooms, NN16 8DS
- 30/06/2016 Northampton Old Northamptonians RFC, Sir Humphrey Cripps Pavillion, Billing Road, NN1 5RX
- 01/07/2016 Corby Lodge Park Sports Centre, Shetland Way NN17 2SG
- 04/07/2016 Daventry The Abbey Advice & Resource
- 06/07/2016 Wellingborough Quaker House, St Johns Street, NN8 4LG
- 07/07/2016 Towcester Town Hall, Committee Room, 86 Watling Street, NN12 6BS
- 08/07/2016 Brackley Town Hall, Market Place, Brackley NN13 7AB

The questionnaire can be found at: http://www.deafhub.co.uk/events/police-consultation/

Details can be provided anonymously. Any BSL users will be able to have their answers video recorded in a private area with responses kept confidential.

Those taking part are encouraged to use #BeHeard on social media.

Volunteer Grapevine

Lakelands Day Care Hospice is running a very daring fundraising opportunity this August!

Swimming with Sharks Challenge 2016 takes place on Friday 5 August. If you fancy coming face to face with a 10ft Sand Tiger Shark all in the name of Charity contact Paul Marlow at PaulMarlow@lakelandshospice.org.uk

In August and September there are other fundraising events such as a Team Skydiving Weekend, Charity Cycle Event and Three Peaks Challenge.

Lakelands Hospice is an independently run charity that aims to provide the very best palliative care for people suffering with cancer, heart failure and other life-limiting illnesses. They are committed to providing a safe space where they can offer the relief of pain and distress, and a calming, peaceful environment where patients and carers can spend time.

The hospice is also in need of some new volunteers. If you have a small amount of spare time, either as a one off or on a more regular basis, and feel passionate about helping the hospice contact Jackie Henry (Volunteer Coordinator) on 01536 7477 55 or email jackiehenry@lakelandshospice.org.uk.

One of the current vacancies at the hospice is for volunteer mini bus drivers and for hosts who are needed in order to pick up and drop off patients at their homes.

For more information on the hospice visit their website www.lakelandshospice.org.uk.
Kettering General Hospital Needs You!

Kettering General Hospital NHS Foundation Trust is looking for local people to join their Council of Governors.

The Hospital’s Chairman, Graham Foster, said:

“We are looking to recruit seven new public members and three new staff members because a number of our Foundation Trust Governors are coming to the end of their three-year terms of office.

“Governors play the role of critical friend to the Trust whilst challenging, scrutinising and seeking assurances for the decisions taken by our Board of Directors.

“We are looking for people who are interested in supporting their hospital and representing the interests of local people.”

Anyone who feels they have the skills and ability to become a Governor at the hospital can find out more by phoning 01536 492169. More information on the role of Governor is available on the hospital’s website at www.kgh.nhs.uk/for-members/council-of-governors

Nominations for new Governors open on 2 August. The deadline for nominations is August 31. The Trust’s Elections start on 21 September and close on 17 October. The results will be declared on October 18.

Salmon with Spring Onion Mash Recipe

Serves 4
445kcal per serving

Ingredients:
- 1kg potatoes, peeled and cut into chunks
- 6 spring onions, finely sliced
- 1 tsp vegetable oil
- 4 salmon fillets (fresh or frozen)
- 4 tbsp 1% fat milk
- 2 tbsp fresh parsley, chopped
- 250g broccoli, broken into florets
- 1 pinch ground black pepper

Method:
1. Cook the potatoes in boiling water for 20 minutes, until tender, adding the spring onions to the saucepan 5 minutes before the end of cooking time.

2. When the potatoes have been cooking for 10 minutes, start to prepare the salmon. Heat the vegetable oil oil in a non-stick frying pan, brushing it over the surface.

3. Add the salmon, skin side down. Cook over a high heat for 2-3 minutes, without moving the fillets. Turn the salmon over, reduce the heat and cook for a further 3-4 minutes.

4. At this point, put the broccoli on to cook in a little boiling water - it will take about 5-6 minutes. Let the salmon rest for a few minutes while making the mash.

5. Drain the potatoes and spring onions and mash thoroughly. Beat in the milk and parsley. Reheat on the hob for 1 minute, beating well. Share the mash between four warmed plates and arrange the salmon fillets on top. Serve with the broccoli.
Concerned about your wellbeing or the wellbeing of others?

We can help with:

- Weight management
- Emotional wellbeing
- Financial support
- Social inclusion
- Smoking
- Alcohol
- Housing support
- Employment and adult learning

No appointment necessary

Half hour drop in sessions
Every Tuesday @ Corby Cube
9.30-12.00

www.firstforwellbeing.co.uk

Tel: 0300 126 5000
Email: info@firstforwellbeing.co.uk

First for Wellbeing is not for crisis or emergency situations. If you need urgent assistance, please call 111.
First for Wellbeing is a new social enterprise established by Northamptonshire County Council, Northamptonshire Healthcare NHS Foundation Trust and The University of Northampton.
## Corby Health Walks Programme

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Meeting Place</th>
<th>Distance</th>
<th>Additional info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>11am</td>
<td>Corby Boating Lake</td>
<td>1 Hour</td>
<td>Weekly walk taking in the beautiful Thoroughsale Woods as well as the Boating Lake. Post walk refreshments available in the café.</td>
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<tr>
<td>Monday</td>
<td>9.15am</td>
<td>Corby Boating Lake - Outside cafe</td>
<td>15-30 minutes</td>
<td>Short walk around one of Corby’s iconic landmarks. Post walk refreshments available in the café. Contact Kye Bishop for more information on 01536 464281 or Noel Rogers on 01536 771837.</td>
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<tr>
<td>Monday</td>
<td>11am</td>
<td>East Carlton Park - First car park on the left</td>
<td>1 hour</td>
<td>Weekly walk. Group also runs a monthly walk activity in other areas. Contact Suzanne Preston for further information on 01536 771837 or Noel Rogers on 01536 771837.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11am</td>
<td>East Carlton Park - First car park on the left</td>
<td>1 hour</td>
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Most women diagnosed with womb cancer have been through the menopause so any vaginal bleeding will be unusual but watch out for:

- Abnormal bleeding from the vagina
- Light bleeding accompanied by a watery discharge, which may get heavier over time.

In women who haven’t been through the menopause unusual vaginal bleeding may consist of:

- Periods which are heavier than usual
- Vaginal bleeding in between normal periods

See your GP if you experience any of the above.