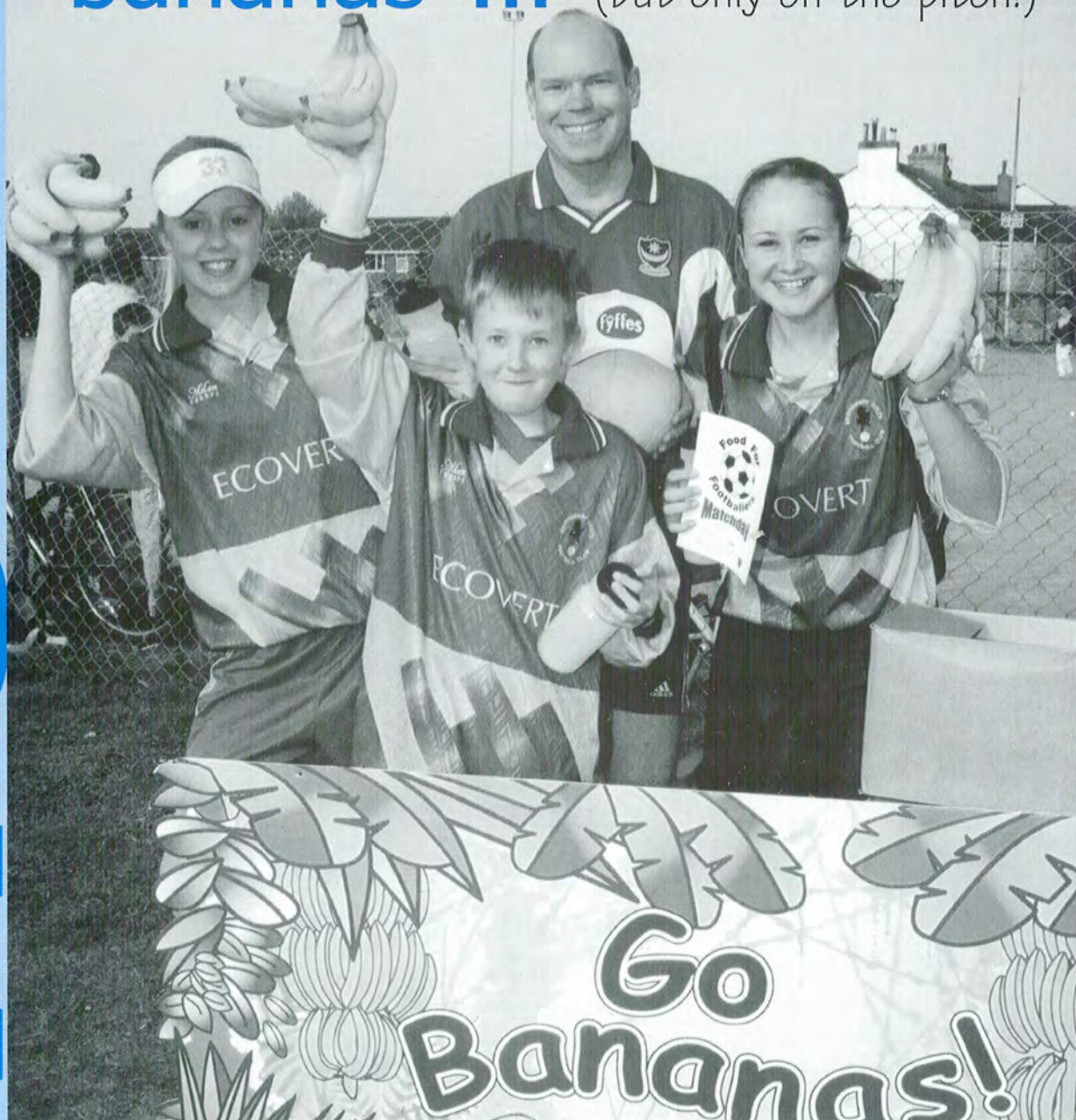


Chief executive goes bananas ... (but only on the pitch!)



PCT Chief Executive Ian Piper donned his (hastily dusted off) football boots and showed some Gosport youngsters a well-honed footie trick or two, before opting for a quieter life handing out the half time refreshments.

Well, the PCT did provide some of the refreshments and it was all in a good cause, lending support to a Gosport 6-a-side youth football league scheme, run

by the Police and Gosport Borough Council and funded with Healthy Alliance money.

Dozens of young people are already benefiting from the community scheme that brings them together every week to play football and get some healthy exercise.

And Ian was there (together with chairman Lucy Docherty) to lend his support in April and present the players with a gift from the PCT, water bottles, bananas (generously donated by

Fyffes for that essential football energy) and information on which foods will improve your performance on the pitch.

"We are pleased to be able to get involved with the local community and raise awareness amongst young people about how to stay healthy and keep their energy levels up for their important matches," said Ian.

Newsreach understands that those boots are now safely hung up once again ...

War Memorial Hospital becomes centre of learning

Staff at Gosport War Memorial Hospital can now access a whole new world of learning, without even having to leave the building.

A new Learning Centre, funded by the South East England Development Agency (SEEDA) has been set up within the hospital for staff in and around the Gosport area to use.

The centre provides access to IT equipment, including the Internet, as well as Learndirect courses and e-learning, as part of the NHS plan for lifelong learning. Courses are run on a regular basis and the facilities include a Bench Library and a small study room.

Staff Development Consultant Bob Smith said: "We are pleased

that we have been able to set this up and hope staff will feel that they have ownership of the facilities, and make good use of them."

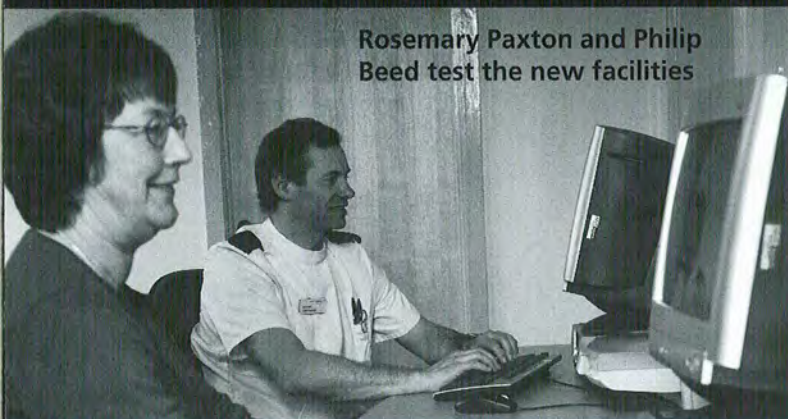
Eventually the Centre will open to members of the public as well as staff, enhancing the PCT's presence in the community. It will be used to promote learning as a health enhancing activity.

Staff can already benefit from linking at the touch of a button to over 750 Learndirect computer-based courses from the main centre at St. James', across a wide subject area. Some are even free!

Jan Peach, Service Manager said: "This is a wonderful opportunity for our staff to have access to such flexible learning facilities where they can gain valuable skills."

The Centre will be supported by a dedicated Learning Adviser as well as the staff of TDSS. The support team will include Lu Marsh, Training & Development Adviser and Sue Blake, Lifelong Learning Adviser.

Staff can already benefit from linking at the touch of a button to over 750 Learndirect computer-based courses



Rosemary Paxton and Philip Beed test the new facilities

MHF
MEN'S HEALTH
FORUM

Men! Here's a chance to think about sex for a whole week (legitimately) from 9th June ...

Because from 9th - 15th June, the Men's Health Forum is holding its second national Men's Health Week, building on the progress made last year.

The inaugural MHW in England and Wales in 2002, saw a considerable amount of media coverage through the sheer novelty of there being a national event dedicated to the improvement of men's health.

And, as last year, the PCT's Learning Disability Service are taking the lead locally in promoting the event.

This year, as well as a pack full of general information about this year's theme - Sexual health - the service has produced a special Spotlight on Men's Health checklist, designed for staff who support men with a learning disability. This has been developed over the past year and uses pictures to aid discussion between staff and service users.

You can find out all about Men's Health Week on www.menshealthforum.org.uk where you can also download information, and posters such as the one illustrated here. For more about the work undertaken by the learning disability service, contact **Code A** at Teekew Care and Support, 01329 312854.



Recruitment event a fair success

April's big Gunwharf Quays recruitment fair, supported by the PCT, could yield some very positive results.

Around 100 people visited the Fareham and Gosport stand with 45 people taking away application packs and a number of other visitors leaving their details for further information about the PCT.

On average 32% of visitors were interested in nursing and health care support worker roles, 33% asking about administrative and clerical roles and the remaining 35% interested in a range of roles from Occupational Therapy and Catering to IT.

"We are extremely pleased with the way the event went," said Charlotte Oraf, Personnel Manager for the PCT. "We hope that a large percentage of the application packs will be returned, and there are a number of leads that we are following up. We are hoping to be involved in a similar event in the future

"It's been a successful event and we would like to thank everyone involved in planning it and those who helped out on the day."



Need help with child care while you're working?

Code A works as a child care coordinator across the three local PCTs. Her role is to help members of staff, to get the best advice about child care arrangements. Sara has come up with some helpful information about child care in the form of some Frequently

Asked Questions. There are lots, so we'll be dealing with them over a few issues but here are a couple to kick us off with some helpful contact numbers, too ...

Q: My childminder has told me that she can't look after my little one any more. How do I find an alternative carer?

A: Telephone your local Children's Information Service (see contacts numbers) for an up to date list of childminders in your area who have vacancies. Alternatively, you could phone NHS helpline or speak to the childcare co-ordinator. Either can help you to access other available forms of childcare.

Q: How can I find out what nurseries are available in my area?

A: Contact your local Children's information Service - they will send you a list of registered Day Nurseries. You can also access this information on the national childcare link website. If you are unable to get to a phone during their opening hours or don't have access to a computer, then call the NHS freefone helpline out of hours and leave a message. Someone will get back to you at a time convenient to you. You can also leave a message on your childcare co-ordinator's number, if you prefer.

Contact numbers you may find useful:

Code A Childcare Co-ordinator for your Trust

NHS freefone childcare helpline

Busy Bees childcare Vouchers freefone helpline

Freedom Childcare Services

Hampshire Children's Information Service

Mon-Sat 8.30am - 10.30pm

Sun 9.00am - 7.00pm

www.hants.gov.uk/childcare

'CHAT' (Portsmouth City Children's Information Service)

Mon-Fri 8.30am-5.30pm

www.portsmouthcc.gov.uk

Southampton Children's Information Service

'FIZ' (IOW Children's Information Service)

National Website:

www.childcarelink.gov.uk

Inland Revenue Tax Credits helpline

www.inlandrevenue.gov.uk/taxcredits

Code A

Signing up to improve your working life

Your PCT is committed to improving your working life, but what does that actually mean?

The NHS knows that to deliver the best possible services to patients it needs the best staff. Improving Working Lives aims to make sure that every member of staff employed by the NHS works in an organisation that can demonstrate its commitment to more flexible working conditions whilst giving staff more control over their own time.

All NHS organisations need to implement the Improving Working Lives initiative, which is split into three stages - Pledge, Practice and Practice Plus. So committed are the NHS to this initiative that it is a target the Fareham and Gosport PCT will be rated on in their 'star ratings'.

The PCT has just completed Pledge stage and is moving on to the next stage - Practice, which is all about demonstrating commitment to staff through working policies and approaches. Over the coming months we will tell you more about Improving Working Lives and its progress through Newsreach.

In the meantime if you have any queries, or would like a presentation to your team meeting/staff group, you should contact **Code A** **Code A** Improving Working Lives Co-ordinator on 01329 312854.

Nurses programme puts focus on patients

Local nurses working with older people have give the thumbs up to a forward thinking training initiative which has helped them to completely re-evaluate the way they work.



The RCN Gerontological Nursing Development Programme offers training in leadership and clinical issues for qualified nurses and was pioneered in this area through the joint efforts of Fareham and Gosport and East Hampshire PCTs, the University of Portsmouth and the Royal College of Nursing.

Around 100 nurses working in local hospitals have attended the course, which encourages them to review all aspects of their nursing practice, from the way they interact with patients to sharing their knowledge and skills to help others learn.

"The key to the success of this programme was to challenge nurses to look at the way they handled all aspects of their job, but in particular the way they engaged patients and carers in decisions

which affect their care," said Ann Dalby (pictured left), Practice Development Facilitator for Fareham and Gosport PCT, who has supported the introduction of the training.

"We all know the pressures nurses work under but spending a bit more time talking to patients, finding out their likes, dislikes, and perceptions or just hearing their stories can offer untold benefit in the way we plan and provide care which meets their own individual needs."

The programme covered all aspects of older people's nursing, including person-centred assessment and mental health. Recently nurses working in community hospitals in the area arranged a special celebratory event to mark their completion of the course

Around 100 nurses working in local hospitals have attended the course, which encourages them to review all aspects of their nursing practice

New prescribing powers announced

New powers allowing pharmacists and nurses to prescribe drugs can now be used to help improve patient care and reduce waiting times for GP appointments.

Supplementary prescribing is a new form of prescribing that can be undertaken by a nurse or a pharmacist after a doctor has made a patient diagnosis. Together, and with the patient's agreement, they create a tailored 'clinical management plan' for the care of the patient.

The Department of Health expects that up to 1,000 pharmacists and several thousand nurses will be trained as "supplementary prescribers" (as they will be known) by the end of 2004.

Previous arrangements meant many nurses who had already effectively made prescribing decisions then had to find a doctor to sign a prescription. By giving them the delegated power to prescribe, better use can be made of skilled nurses and pharmacists. This move also has potential to provide better and quicker care. It frees up GP time to spend time on patients with more complex needs.

The nurse's employer, in consultation with the local workforce development confederation, will consider whether the nurse should be put forward for prescribing training.

More information on supplementary prescribing is at www.doh.gov.uk/supplementaryprescribing

better use can be made of skilled nurses and pharmacists

and to share experiences.

Colleen Lloyd, a staff nurse at St. Christopher's Hospital, said at the event: "The course seemed bewildering to begin with but it all seemed to fit into place once I started talking more to patients and hearing their experiences."

"It has also been very helpful to seek the advice of my colleagues in group settings when we can challenge each other's actions in a supportive environment."

Participants attended workshops and learning groups and undertook distance learning as well as receiving feedback and support from skilled facilitators in their workplace.

Both primary care trusts are keen to extend the programme to other members of staff and those who have completed the course can now be considered for a newly established MSc degree course at the University of Portsmouth.

"We are very proud of the way nurses in both PCTs have shown a great commitment, not only to the course but in the way they have changed their practice as a result, and are now encouraging others to do the same." said Ian Piper, Chief Executive.

"This is all part of our commitment to providing a modern, responsive nursing service, which will help us meet the standards outlined in the nation service framework for older people."



Pictured above Colleen Lloyd, left and colleague Code A share their learning

HOW TO GET IN TOUCH

PHONE

Code A

FAX

Code A

EMAIL

Code A