



**South Staffordshire Locality**

**Commissioning**

**Project Outcomes and Referral Details**

**2017/18**

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## **Introduction**

For the financial year 2017/18 the South Staffordshire Partnership combined to create a joined up locality commissioning. All member organisations pooled their budgets to tackle priority health and wellbeing issues for South Staffordshire. This included one commissioning prospectus and application process for the district.

The successful projects for South Staffordshire and their referral details (if applicable) are listed in the following document.

**Provider:** Age UK South Staffordshire

**Project:** Care Navigation

**Outcomes:** Building on the existing Care Navigation scheme this year's aims will be to develop greater integration with local health teams, and working with a defined cohort of individuals through a more robust referral structure.

#### **Population covered**

Patients in the Seisdon (South) Peninsula CCG registered with Wombourne Gravel Hill medical practice, Wombourne Dale medical practice, Kinver Moss Grove medical practice and Claverley medical practice (including Pattingham branch surgery)

Patients in the Stafford and Surrounds CCG registered with Penkridge medical practice, Brewood medical practice (including Wheaton Aston and Coven branch surgeries)

#### **Referral route**

Referrals are made directly to the Care Navigation programme via email or post and with prior consent of the client by Community Matrons in the Seisdon Peninsula CCG area and through District and Community Nurses in the Stafford and Surrounds CCG area. or other agreed Community Health Professionals

#### **Referrals:**



Care Navigation  
Referral Form.docx

**Email:** [janet.higgins@ageuksouthstaffs.org.uk](mailto:janet.higgins@ageuksouthstaffs.org.uk)

**Telephone:** 01785 788 498 – 07870 156 682



**Provider:** ALC & T Ltd

**Project:** Walking Programme

**Outcomes:** Full package of walking programmes catering for all abilities across the District.

**Referrals:** No formal referrals but leaflets and booklets can be downloaded from:

<http://southstaffordshire.thegoodlife.uk.net>

#### **Schedule and Details of Walking Festival:**



Walking Programme  
Schedule.pdf

**Email:** [carl@fitnessengland.co.uk](mailto:carl@fitnessengland.co.uk)



**Providers:** April Lewis and Neil Postins

**Project:** Cycling Programme

**Outcomes:** The aim of the programme is to develop a range of cycling schemes to increase physical activity, reduce sedentary behaviours and create a cycling network for the district.

**Referrals:** People can self refer onto the programme. Please fill in the registration form before the first session. A ride schedule can be found in the cycling section on <http://southstaffordshire.thegoodlife.uk.net>



For more information please contact April Lewis or Neil Postins

**Telephone** 07794 710 927 [info@aprillewis.co.uk](mailto:info@aprillewis.co.uk)

**Telephone** 07910 023306 [neilsscs@garmin.com](mailto:neilsscs@garmin.com)

**Poster and Schedule:**



More information can be found on the cycling page of the Goodlife website, on Twitter @SSCyclingScheme or Facebook South Staffordshire Cycling Scheme.



**Provider:** Alzheimer's Society

**Project:** Information Worker

**Outcomes:** Maximise the impact of the Dementia Friends initiative by supporting all areas of South Staffordshire including GP's and Pharmacies to work towards achieving Dementia Friendly communities and increasing dementia diagnosis rates.

Wellbeing Café – To support local agencies with the running of the cafes and to provide information, support and guidance to people affected by dementia.

**Referrals:** No formal referral process.

For more information please contact

**Information Worker**

Contact Lindsey Smith,

**Telephone** 01543 573936.

**Email** [Lindsey.smith@alzheimers.org.uk](mailto:Lindsey.smith@alzheimers.org.uk)

**Wellbeing Cafe**  
**Dementia Adviser**  
Contact Catherine Felton  
**Telephone** 01543 573936  
Email [Catherine.felton@alzheimers.org.uk](mailto:Catherine.felton@alzheimers.org.uk)

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**Provider:** Base 25

**Project:** Community Feel Good Project

**Outcomes:** The project will benefit people aged 5 and upwards and will target groups that are more at risk of mental ill health. For those of adult age it will additionally target people experiencing social rural isolation and loneliness. The service will provide an early intervention to tackle issues at the earliest opportunity before they become more problematic

**Referrals:** Referrals can be made by telephone, email or in person FAO Harbinder Hare, Counselling  
Co-Ordinator: [harbinder.hare@base25.org](mailto:harbinder.hare@base25.org) or Dave Wallace:  
[dave.wallace@base25.org](mailto:dave.wallace@base25.org) or 01902 572040.

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**Provider:** Citizens Advice Bureau

**Project:** Floating Advisor

**Outcomes:** Utilising a floating advisor approach to expand Citizens Advice CAB provision to cover all areas within South Staffordshire. The service will be delivered via home visits or at local community venues for a range of vulnerable priority groups.

**Referrals:** The fastest route is to email Mark Hall or Stephanie Brown at [bureau@southstaffscab.cabnet.org.uk](mailto:bureau@southstaffscab.cabnet.org.uk) and request a call back to arrange an appointment, or call in personally to one of the CAB's open door outreach sessions.

Alternatively, call Staffordshire Advice Line on 03444 111 444 where an initial assessment can be made over the telephone.

**For Further Details go to :**

<https://www.citizensadvice.org.uk/local/south-staffordshire/contact-us>



Information Leaflet  
Oct 16.pdf

**Provider:** Leisure Services

**Provider:** Leisure Services

**Outcomes:** Forward to Health is a 12 week exercise programme designed to increase activity and the health of clients. The programme is specifically designed for people with medical conditions where exercise will help them to improve their health.

**Referrals:** Clients need to call their local leisure centre to book an appointment for an initial assessment. They will need to tell the person on the telephone that they would like an initial assessment for the Forward to Health scheme, so they book an assessment with an appropriately trained instructor.

**The scheme is available at the following leisure centres:**

- Codsall Leisure Centre: 01902 844032
- Cheslyn Hay Leisure Centre: 01922 417790
- Penkridge Leisure Centre: 01785 714152
- Wombourne Leisure Centre: 01902 898202

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**Providers:**

**Project:** Gentle Exercise



**Fit & Fabulous over 50**  
Gentle Exercise

**Outcomes:** Gentle exercise sessions aimed at older residents to increase physical activity, improve mental wellbeing and reduce risk of falls. All classes include functional skills and balance exercises to maintain muscle strength, range of movement and increase confidence.

The classes are competitively priced at £3.00 per session and many people attend two sessions per week. Several of the sessions have tea and coffee available after the class.

**Referrals:** No formal referral process. Clients can come along to any of the classes. All clients have to complete a PARQ (physical activity readiness questionnaire), and if applicable obtain their GP's approval before commencing the sessions.

**Timetable:**



2184 Timetable  
Exercise Class Bookle

Details on the Gentle Exercise can be found on the <http://southstaffordshire.thegoodlife.uk.net> in the Exercise Classes and Clubs Section

For more information please contact:

Louise Colman – **Telephone** 07939 631131 – **Email** – [louisecolman07@gmail.com](mailto:louisecolman07@gmail.com)

Lisa Embrey – **Telephone** 07773 326373 – **Email** – [lisaembrey@hotmail.com](mailto:lisaembrey@hotmail.com)

**Provider:** LynneAndrae

**Project:** Student Survival School

**Outcomes:** Target population are students aged 16 to 18 in full time education and their families. The project aims to prevent and reduce excess unintentional weight gain to prevent obesity by teaching students practical skills in cooking, food preparation and nutritional knowledge. This will equip them with the skills for life to cook healthy meals for themselves and their families.

**Referrals:** No formal referral process. Sessions are run using all the Sixth Form Colleges within the district. If someone aged 16-18 is identified as needing cooking advice please contact:

Lynne Andrae ([lynneandreae@hotmail.co.uk](mailto:lynneandreae@hotmail.co.uk)) who may be able to arrange for them to attend a session held at a Sixth Form College.

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**Provider:** South Staffordshire CVA

**Project:** Care Navigation

**Outcomes:** Building on the existing Community Support scheme this year's aims will be to develop greater integration with local health teams, and working with a defined cohort of individuals through a more robust referral structure.

#### **Population covered**

Patients in the Seisdon Peninsula CCG registered with Bilbrook medical practice, Perton Lakeside medical practice, and Tamar Medical practice (Perton), Featherstone medical practice and Russell house medical practice (Codsall)

Patients in the Cannock Chase CCG registered with Huntington, Essington, Great Wyrley and Cheslyn Hay medical centres

**Referral:** Referrals are made directly to the Care Navigator programme by Community Matrons in the Seisdon Peninsula CCG area and through District and Community Nurses in the Cannock Chase CCG area or other agreed Community Health Professionals.

Please contact Ann Ross Community Support Officer on:

**Telephone** 01902 851675

**Email** [anne.ross@sscva.org.uk](mailto:anne.ross@sscva.org.uk)



SSCVACommunitySupportReferralFormNEW:





**Provider:** Care Plus

**Project:** Songs For You

**Outcomes:** Songs For You sessions are free, friendly and supportive workshops where you can sing familiar songs and learn some new ones, meet new friends, take time out and share memories inspired by the music of your past.

Outcomes are:

- Resident and community engagement is increased with high levels of satisfaction and well being improvement for participants. More people, particularly carers, have an awareness of Care Plus schemes and services.
- Volunteering opportunities increase and more people consider volunteering to support either individuals or scheme activities.
- Health and social care engagement increases.

**Referrals:** Songs For You sessions are aimed at older people with and without dementia and their carers although everyone is welcome. Sessions take place throughout the year at extra-care and sheltered schemes across South Staffordshire.

Referrals are via e-mail [songsforyou@care-plus.org.uk](mailto:songsforyou@care-plus.org.uk) or contact Yvette Tompkins on [yvette.tompkins@care-plus.org.uk](mailto:yvette.tompkins@care-plus.org.uk) or 01785 312219

