

Community Care News

**your
voice**
Inverclyde Community Care Forum
www.yourvoice.org.uk

The Inverclyde Community Care Forum Newsletter
Issue 28
Spring 2010

DO YOU NEED AN EASIER WAY TO GET YOUR PRESCRIPTIONS?

Well here's some good news.....

If you have a long term condition that is reliant on medication such as Parkinson's, Epilepsy, Huntington's Disease, Schizophrenia..... then you may experience difficulties with pharmacies not having your medication in stock on the same day as you hand in your prescription.

Most pharmacies in Inverclyde provide the following prescription services free:

- Home delivery service
- Repeat prescription collection service
- Online access to prescription services

The home delivery service can often be linked to the repeat prescription collection service, which means that you wouldn't need to visit your GP or pharmacy at all. Your pharmacy will order and collect your prescription from the GP, prepare your medication and deliver it to your home.

Alternatively, if you prefer, you can use the repeat prescription collection on its own and collect your prepared medication at your convenience. Therefore, if any medication has to be ordered specifically, you do not have to wait, you can collect it when your prescription is complete and ready for you.

The services are widely available throughout Inverclyde. All you need to do is ask your GP if their practice participates in these services and if they are linked to any particular pharmacies, and what their procedures are to put these services in motion. Alternatively speak to your local pharmacy for information and advice regarding the availability of these services.

The process is simple and gives you a convenient way to get your medicine, saving you time and making life easier.

**Please contact your local pharmacy
or our office on 01475 728628
for further information.**



Do You Need Advice and Assistance?



If you have a complaint or concern about the treatment you've received in hospital, from your GP, dentist, nurse, or from any other part of the NHS we can help you (or someone else on your behalf, i.e. your partner or carer).



**For more information
Telephone: 0845 231 1010**

This is a central telephone line where you can obtain information about the service. If you leave your name and telephone number someone will call you back to arrange an appointment, or alternatively call Your Voice on 01475 728628.

POVERTY ALLIANCE



**Does POVERTY exist
in SCOTLAND?**

**If YES... what would our society be
like without POVERTY?**

**How do we get a
Better Scotland for ALL?**

The Scottish Assembly on Tackling Poverty is one part of a large project titled 'Evidence Participation Change' run by Poverty Alliance. It aims to enable people with direct experience of poverty related issues to get their voice heard more effectively and to contribute towards finding the solutions.

The project is based on the following principles:

It is a right that the voices of people with experience of poverty and social exclusion are heard.

Policies that are put forward to respond to issues of poverty need to be informed by realities on the ground.

The complexities of poverty will be better understood and addressed as more and different experiences of poverty are discussed.

Would you like your voice to be heard on how you would imagine a 'Better Scotland for All' and what your ideal society would look like.

Are you interested in joining a local group to look at the area of poverty?

Please contact our office at:

**12 Clyde Square, Greenock, 01475 728628
Email: enquiries@yourvoice.org.uk**

What is Lupus Disease?

So few have heard of it, yet worldwide it's seen as more common than leukaemia, multiple sclerosis and muscular dystrophy.

Over 30,000 people have the disease in the UK. Lupus is an autoimmune disease, a type of self-allergy, whereby the patient's immune system creates antibodies which instead of protecting the body from bacteria and viruses attack the person's own body tissues. This causes symptoms of extreme fatigue, joint pain, muscle aches, anaemia, general malaise, and can result in the destruction of vital organs. It is a disease with many manifestations, and each person's profile or list of symptoms is different. Lupus can mimic other diseases, such as multiple sclerosis and rheumatoid arthritis, making it difficult to diagnose.

Patients with Lupus may develop Raynauds Phenomenon – a tendency for the fingers to go dead white then bluish on exposure to cold. This phenomenon, which may precede the diagnosis of lupus by many years, is, of course, not unique to SLE (*Systemic Lupus Erythematosus*) and is also seen in otherwise healthy individuals.

WOULD YOU BE INTERESTED IN FORMING A SUPPORT GROUP?



If you suffer, or know anyone locally who suffers from Lupus and would be interested in getting together to start up a support group please contact our office at:

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INVERCLYDE BIPOLAR SELF HELP GROUP



Inverclyde Bipolar Self Help Group have produced their first newsletter. We hope you agree that they have done a wonderful job. A copy has been issued with this edition of our newsletter. If you are interested in the group, or would like to receive future newsletters please contact our office at:

Your Voice

**12 Clyde Square, Greenock
Tel:01475 728628**

Email: enquiries@yourvoice.org.uk



WOULD YOU LIKE TO JOIN UP AND HAVE A CHAT ABOUT BLUSHING?

WOULD YOU BE INTERESTED IN FORMING A SUPPORT GROUP?

I have suffered from blushing for over 20 years. This has been a major problem in my life. It has affected my personal life and my working life. I was seen as unsociable and awkward by some people. Hiding my problem and avoiding social situations became a way of life.

I tried everything to be rid of this problem and it's only now that I am starting to accept the way I am. I have found that telling people I blush and talking about it helps.

On reading about blushing, I have discovered that it is very common in both men and women.

There is lots of help available for blushing, it's just a case of finding something that works for you. Start by talking to your GP. I would also recommend a book called "Overcoming Social Anxiety and Shyness" by Gillian Butler.

By The Happy Blusher



For further information please contact:
Your Voice
Inverclyde Community Care Forum
12 Clyde Square, Greenock
01475 728628
Email: enquiries@yourvoice.org.uk

" Tell Us Your Story "

Everyone at Inverclyde Community Health Partnership is keen to constantly improve your care. To help us we'd like to hear from you as a patient or carer about recent experiences of community healthcare. We want to learn from you by finding out what it was like to be a patient, especially about the things that are most important to you.

We will be leaving collection boxes in Health Centres, Community Centres and Libraries with a supply of "Tell Us Your Story" cards. If you could fill them out with your comments and post them in the box, or if you would like to take the card away with you please feel free to post it back to your local Health Centre.

We are also keen to hear directly from patients and carers about your views and experiences, please feel free to talk to a member of health staff.

For further information please contact:
Sara Maclean

Health Improvement Practitioner
Adults and Older People
Inverclyde Community Health Partnership
(CHP)

Room 105

Port Glasgow Health Centre
2 Bay Street, Port Glasgow
PA14 5EW

Telephone: 01475 506018

Email: sara.maclean@renver-pct.scot.nhs.uk



The Salvation Army



Greenock Floating Support Service

The Salvation Army, Greenock Floating Service has just completed its first year providing housing support to adults with addiction issues.

It has been a very positive and successful time with all service users receiving support maintaining their tenancy throughout the year.

We were very pleased with our **Care Commission Report** giving our service **Very Good (5)** and **Excellent (6)** for all categories inspected. We have enjoyed making new friends and building lasting partnerships and look forward to the year ahead. Referrals to this service can be made through Inverclyde Alcohol Services.

For further information please contact:

Brian Murphy, Salvation Army, Fewster House, 10 Terrace Road, Greenock.

Phone: 01475 721572



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Your Voice

Inverclyde Community Care Forum
12 Clyde Square
Greenock.
PA15 1NB

Telephone: 01475 728628

Textphone: 01475 728608

Fax: 01475 728605

Email: enquiries@yourvoice.org.uk

If you require this newsletter in an alternative format please advise us.

Enterprising Cards

*Inclusion — James Watt College
Finnart Street, Greenock*



Cards to suit all occasions
Designed and Handmade By **US** £1.00

Personalised cards – made to order* £1.50

Cards On Sale
Monday and Thursdays 2.00pm -3.00pm
on the College concourse

Telephone 01475 724433 Ex. 2259
marmarshall@jameswattcollege.ac.uk

Legal Services Agency

INVERCLYDE HOUSING RIGHTS PROJECT

Legal Service Agency provides free initial legal advice and court representation on all housing problems for Inverclyde residents.

The Housing Advice includes:
Lease/Tenancy agreements, eviction, rent arrears and housing benefit issues, disrepair, landlord/tenant disputes and help for homeowners facing repossession.

There are free drop in surgeries at LSA's offices at 9 Sir Michael Street, Greenock every Tuesday and Thursday 10.00am – 1.00pm, and at Clune Park Resource Centre, Montgomerie Street, Port Glasgow every second Wednesday 10.00am – 1.00pm.

For further information please contact:

LSA's Inverclyde Housing Rights Project
9 Sir Michael Street
Greenock
PA15 1PQ
Telephone: 01475 725665
Email: Greenock@lsa.org.uk



Garden Improvement Project at Hillend Centre Respite Unit



Trust Community Volunteers (TCV) is a group of individuals who provide a small jobs service for elderly, disabled and vulnerable people in Inverclyde.

In August 2009, clients from TCV worked with the Community Drugs Team on a Gardening Project to improve the surroundings for the users of the Respite Unit situated in the Hillend Centre, Greenock.

The Respite Unit is owned and managed by Inverclyde Council and offers respite and short breaks. To date the service is offering a respite service to over 45 service users, and the length of respite can be flexible between two nights and a couple of weeks. The Respite Unit also offers a community respite service to service users in their own homes.

The Gardening Project was an excellent success (as you will see from the photographs) and volunteers will continue to maintain the garden.

For more information on:
Trust Community Volunteers call Julie Gillan on: 01475 787414
Respite Unit/Hillend Centre call Janice May on: 01475 715942



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For further information please contact:

**Sara Maclean
Health Improvement Practitioner
Adults and Other People
Inverclyde Community Health Partnership
(CHP)
Room 105
Port Glasgow Health Centre
2 Bay Street
Port Glasgow
PA14 5EW**

Telephone: 01475 506018

Email: sara.maclean@renver-pct.scot.nhs.uk

Wally-Paper

by Billy Alexander who attends the Buttercup, Daisies and Harver Group

I have to strip the wallpaper
Before the wife comes in tonight
If I do not do it quickly
There is going to be a fight
She does not understand
I don't have to decorate
Bit I have to get a move on
It's getting very late
You never done it properly
That is what she'll say
I say to her I'm tired
Can't it wait another day
Wait another day by gum!
You are going to do it now

Another hour that's all you get
That's all I will allow.
It is two hours later
And I am sitting down to tea
The wife, the kids, the mother in law
Are dissatisfied with me
I fell off the ladder
On my head fell a tin of paint
The kids are blue
My mother in law too
And my wife is looking faint
I am off to the pub now
My sorrows I am going to drown
And I will come back home again
When everyone's cooled down.

Almost £500,000 of medicine in the NHS Greater Glasgow and Clyde (NHSGGC) is thought to be wasted every weekthat's the equivalent of filling a large skip with expensive medicines and dumping it every single week of the year.

NHSGGC is launching a major campaign appealing to the public to help end this preventable drain on NHS resources and help save approximately £24 million every year by not wasting medicines. This money could pay for an additional 4,000 hip replacements, 3,000 heart by-pass operations, 620 Physiotherapists, 620 Community nurses or 4,000 knee replacements across NHS Greater Glasgow and Clyde.

Patients on repeat prescriptions can play a major part. Sometimes patients or carers on repeat prescriptions continue to get more medicine than they need

We are asking patients to think about which medicines they need, check what medicines they still have at home before re-ordering and to let their Pharmacist or General Practitioner know if they have stopped taking any medicines on their repeat prescription list.

We are asking patients to think about which medicines they need, check what medicines they still have at home before re-ordering. Another practical measure is to make sure any medicines are taken in date order otherwise they can go out of date and have to be discarded.

A lot of people dispose of their unwanted medicines by either flushing them down the toilet or putting them in the bin. Flushing them down the toilet pollutes the water supply and putting them in the bin is dangerous as children or animals could get hold of them.

Did you know that your unused medicines cannot be recycled or used by anyone else, but for safe disposal they should be returned to your pharmacy.

**For further information
Contact 0141 201 4429**

