

Edinburgh and Midlothian Branch Meeting
8th October 2014

WE NEED YOUR HELP! – Involvement Opportunities

Lothian Delivering Excellence Project

1. Tell Diane your story and experience of using health and social care services, good and bad. Do you feel your consultant understands your needs? Have you been referred to the people who you felt confident could help you?
2. Join the project email network for updates and the chance to comment as the project develops.
3. Join the project steering group to meet with other people living with Parkinson's from across Lothian and have access to key clinicians and managers to guide the project and focus on the issues that matter the most.
4. Volunteer to support one of the specific projects such as physiotherapy services, GP services, mental health or research on care homes. This can be a one off meeting or chat on the phone or an ongoing commitment.
5. Volunteer for one of the opportunities outlined below and keep in touch with Diane about it.

Support and training will be provided as needed so if you are interested there are no barriers that can't be overcome to enable you to get involved .

Please contact:

Diane Wilsdon, Influence and Service Development Officer, Lothian Delivering Excellence Project, Parkinson's UK, Kings James VI Business Centre, Riverview Business Park, Friarton Road, Perth, PH2 8DY

Tel: 0844 225 9867. Email: dwilsdon@parkinsons.org.uk.

GP Practices

1. Volunteer for the 'Turn to Us' project providing information on Parkinson's and Parkinson's UK resources to GP surgeries in Edinburgh and Midlothian

More information on this is available on the volunteer page of the Parkinson's UK website or by contacting Diane or Emma Ward.

Emma Ward, Turn to Us Project Manager, Parkinson's UK

Tel: 0207 932 1350 Email: eward@parkinsons.org.uk.

2. Request your GP practice sets up a patient group. The Scottish Health Council have excellent guides to enable you to do this. Their website is

www.scottishhealthcouncil.org. The local officer for West Lothian is Susan Austin and she is happy to come out to speak to the branch and/or interested people.

Susan Austin, Local Officer, Scottish Health Council, Pentland House, 47 Robb's Loan, Edinburgh, EH14 1AB.

Tel: 0131 537 8545 Email: susan.austin@scottishhealthcouncil.org

Influence Local Health and Social Care Services

1. Look out for consultations, workshops and meetings on health and social care services in your local papers, library and community centres. This is a period of change and they will be looking for your views on what they are planning.

Information about the Edinburgh and Midlothian CHPs and their services are available on www.nhslothian.scot.nhs.uk/community/

2. Patient Involvement Forums

The Edinburgh Public Partnership Forums (PPF) no longer hold regular meetings but remain as a network of groups and individuals.

Contact: **Bill Hannah**, Public Involvement Co-ordinator, NHS Lothian, Canaan Park Offices, 133 Grange Loan, Edinburgh, EH9 2HL.

Email: bill.hannah@nhslothian.scot.nhs.uk

Tel: 0131 537 9333

The Midlothian PPF does continue to hold meetings which are open to any member of the public living in Midlothian. The next meeting is at 2.00pm on the 20th of November at Midlothian Community Hospital.

Contact: **Catherine Evans**, Catherine.evans@nhslothian.scot.nhs.uk Tel: 0131 271 3411

3. Edinburgh City Council and Midlothian Council are responsible for community social care services including occupational therapy, public transport and housing. They too will have networks and groups that you can join relevant to the lives of people living with Parkinson's. Have a look at their websites and think of what services would improve your life. I usually start with social work and social care and then into older peoples services and services for disabled people. I think this is an opportune time before the integration of health and social care as with change there are always opportunities but there is also a real danger of reduced resources and cuts to services. If anyone would like to pursue this I can go through the website with you and I also have some contacts within Edinburgh City Council social work department having previously worked in collective advocacy in the City.

Influence NHS Lothian and acute services

1. Have a look at the NHS Lothian website involvement pages. There is currently a consultation on pharmacy services. If you would like support in responding to a consultation, I am happy to provide a written guide or go through it with you.
2. Some of the hospitals have patient groups such as The Royal Edinburgh Hospital. This might be a good place to highlight 'Get it on Time'.
3. Respond to the Neurological Improvement Plan implementation and how it affects Parkinson's services. Patrick will keep you up to date with the work of the development group.
4. Join Lothian Neurological Voices. These are the people who are being asked for their opinions as decisions are being made. Training is provided and at present there are only 4 members so new people would be very welcome. We have found it extremely useful to have Patrick on the group but the more the merrier!
5. **Google NHS Lothian and click on the Get involved box at the top.** All the information on the above issues is available but Diane can send you specific information or papers if you are interested and are not on the internet or can't find them. It's not the most user friendly website!.

*Diane Wilsdon
8th October 2014*