

PROGRESS AND PURPOSE



We have considered doing an event in the Flavel as in April 2019 on one Saturday followed the next Saturday by a come and try it, open day at the Leisure Centre, where the public can come and try the activities on offer from the same groups.

Nick Hindmarsh

Season's greetings!

What has the Steering Group been up to?

We have been:

1. Developing local evidence to show the impact of social prescribing
2. Liaising with Fusion to develop new opportunities at the Leisure Centre
3. Working with the local Primary Care Network to develop a Link Worker role for Dartmouth

1. Developing local evidence to show the impact of social prescribing

We have been developing case studies and other evidence to show how our community has already made a difference by local people becoming more engaged.

In the New Year we will be producing a leaflet outlining what is on offer, what is in the pipeline and more about what can be done informally.

2. Liaising with Fusion to develop new opportunities at the Leisure Centre

Fusion have explained they would like to improve their offering in Dartmouth to support individuals become more active. Subject to staffing new services are planned, such as cardiac rehab; more to follow in the Spring.

We are also bringing Active Devon and South Hams officers into this discussion and planning.

3. Working with the local Primary Care Network to develop a Link Worker role for Dartmouth

The Primary Care Network for Dartmouth and the villages is made up of the 5 G.P. surgeries in Dartmouth, Salcombe, Kingsbridge, Modbury and Chillington.

This grouping of GP surgeries has funding to support a link worker role. Link workers meet with those referred by the GP practice, those a GP thinks would benefit from engaging more. This may be getting out and about more, taking more exercise, volunteering, or anything that stimulates the patient's interest that can be set up locally.

By March we expect to have this role in place in Dartmouth.

"If you think competition is hard try collaboration!"

King's Fund National Conference – Key takeaways

These are the key points that resonated from the recent King's Fund Annual conference, where the focus was on social prescribing (SP).

- Have a clear Vision, values, ethics framework
- Tension between medical and social interventions exists
- Link with local farms
- Volunteering and training opportunities are good SP activities
- Focus on empowering clients, not telling
- PCNs risk over medicalising SP
- Link workers can reduce the number of services supporting each client and their families by advocating and coordinating their needs.
- Only engage with those who want to work with SP.
- Build capacity - Grow organically
- Demonstrate impact
- Think differently - change the received wisdom
- Shift balance of power away from clinicians towards service users
- Avoid patronising service users
- Freedom paradigm - freedom to try, to innovate, etc.
- Start small
- "If you think competition is hard try collaboration!"
- Don't wait for magic dust from on high.
- Relationships matter
- What is the target - where is this aiming to get to?
- What does good look like?

Something to smile about.... does this ring any bells?

1. *Managers and Supervisors*: To lower morale and production, be pleasant to inefficient workers; give them undeserved promotions. Discriminate against efficient workers; complain unjustly about their work.
2. *Employees*: Work slowly. Think of ways to increase the number of movements needed to do your job: use a light hammer instead of a heavy one; try to make a small wrench do instead of a big one.
3. *Organisations and Conferences*: When possible, refer all matters to committees, for "further study and consideration." Attempt to make the committees as large and bureaucratic as possible. Hold conferences when there is more critical work to be done.
4. *Telephone*: At office, hotel and local telephone switchboards, delay putting calls through, give out wrong numbers, cut people off "accidentally," or forget to disconnect them so that the line cannot be used again.
5. *Transportation*: Make train travel as inconvenient as possible for enemy personnel. Issue two tickets for the same seat on a train in order to set up an "interesting" argument.

Source: CIA website – the WW2 German Simple Business Sabotage Field Manual sabotage manual - how to disrupt businesses

MERRY CHRISTMAS EVERYONE & A
HAPPY NEW YEAR

