

# Health briefing

Area Panel 1

January 2005

## Welcome to our first Health briefing

Central and Greater Derby Primary Care Trusts (PCTs) work together to improve the health of people across the city, and make sure the health services they need are available. Their job is to:

- work out what is needed to improve local people's health
- provide some services themselves – such as community services including clinics, district nurses, children's services and health visitors
- buy some services from others – such as larger hospitals and specialist treatments.

The PCTs will be providing a local Health Briefing for each Area Panel meeting. If you have any questions you can either direct them through the Area Panel manager, Richard Smail on 01332 258505 or contact us direct:

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In this issue you'll find details of:

- Choosing Health white paper
- Stop smoking services
- Revive Healthy Living Centre
- Integrated Disabled Children's Service

## Choosing Health

The Department of Health has now published its white paper on public health, aimed at making healthier choices easier. Media coverage has focused on the issue of

smoking in public places, but the white paper also covers a wide range of health issues. There is also a focus on helping disadvantaged people to make healthier choices. 'Choosing Health' sets out some key priorities for action:

- Reducing the numbers of people who smoke
- Reducing obesity and improving diet and nutrition
- Increasing exercise
- Encouraging and supporting sensible drinking
- Improving sexual health
- Improving mental health.

The full white paper and an executive summary are available at [www.dh.gov.uk](http://www.dh.gov.uk) under publications.

## Stop Smoking

The PCTs can offer help and support to people who want to stop smoking through the Fresh Start service. You can contact them on 01332 758729

## Revive Healthy Living Centre

Revive is a major project aimed at providing more services for the people of the Derwent, Chaddesden and Breadsall.

Revive involves PCTs, Derwent Community Team (who also provide funding), Derby City Council Libraries, Education, Social Services, Derbyshire Police and, most importantly, the local community. A project

manager and community development team are employed by the PCTs to develop Revive in partnership with the local community.

A number of different projects are already underway. These include training local people to gain experience and qualifications to deliver health information themselves. The groups now up and running through the 'Revive shop' on Wiltshire Road include:

- Take Your Time – complementary therapy including reflexology and massage
- Ever Wandered...walking project ! -
- Information and Advice
- Activate Your Life - training for physical exercise instructors
- Food For Thought - advice about healthy eating and cooking
- Community Health Education course – training people in community health and community development
- Volunteer programme - supports people to become active volunteers.

During the year there has been a lot of work on developing a new £2.5 million Healthy Living Centre at Roe Farm. A community architect has been employed to work with local people in designing and planning the new Centre. More than 3000 people have been consulted on the community's health and social needs since 1999, and more than 1000 have been consulted specifically on ideas for the development of the Healthy Living Centre.

The new Revive Centre is due to open in 2006 and will include Community Health Services; information and advice; IT and computer facilities; alternative therapies, and much more. People will be offered training and qualifications and have the opportunity to be employed in building and 'fitting out' the new Centre through a new community based company, Derwent Builds, with support from New Deal for

Communities. A community café, catering enterprise and food-co-op are also in development in preparation for the opening of the new Centre.

### **Integrated Disabled Children's Service**

The PCTs are working with the City Council to develop an integrated service for children with disabilities.

Residential short breaks for children with disabilities and challenging learning difficulties currently takes place in three separate facilities in Derby, two owned and run by Central Derby PCT and one by Derby City Council.

Two of the facilities have been converted from residential accommodation and one from an old children's home and as such cannot be easily adapted to meet the latest disability legislation or to provide an integrated service.

Extensive planning and consultation with parents and carers has been undertaken and there is agreement that a single integrated Centre on a new site will provide a purpose built facility catering for the needs of the children. This will also enable investment in community services to enhance community support.

The site for this new development is the former Armstrong Day Nursery, St Marks Road, Chaddesden, Derby. This will provide 10 residential places and day care, and allow for an integrated service whilst ensuring physical separation and safety for the different needs of the children.

The unit will also accommodate the office bases for the children's support teams including outreach team, field workers and specialist health services team. Construction is expected to commence on site in February in order for the facilities to be operational by November 2005.

