Welcome to the latest edition of our Team Newsletter. This edition focuses on Active Communities across the County – both in the sense of encouraging well-being through physical activity and creating opportunities that encourage participation and engagement.

There are reports on an initiative to encourage older people to take up table tennis and on how communities in Eastleigh came together to work on a local environmental project. We have reports on how Nepalese women came together to form a new community group in Winchester and a buddying scheme that has increased the capacity for self help for the Nepalese in Rushmoor.

We also focus on a conference promoting User-led organisations in policy making and monitoring and a new initiative in Andover for lesbians and gay men. There is also a report on this year’s successful Black History Month event in Winchester.

We report on the important work that is being carried out to tackle the serious health issues facing one of Hampshire’s largest and most disadvantaged communities, Hampshire’s Gypsy & Traveller Health and Well-being Action Plan and the end of a Charity that worked with the travelling community. Finally test your knowledge of Hampshire’s communities in our Seasonal Quiz.

If you have any comments or feedback about our Team Newsletter please contact – Tony.McCarthy@hants.gov.uk
A ‘WORTHY’ BIT OF COMMUNITY WORK

The Eastleigh Ghurkha and Nepalese Association (EGNA) and The Asian Welfare Cultural Association (AWCA) were approached by the local County Councillor and asked to help clear the Itchen Navigation of debris, rubbish, and overhanging branches.

Rajni Bali, a Community Worker from Eastleigh Borough Council, and Karen Jones, Community Development Officer from Hampshire County Council, recruited volunteers from the two organisations, secured funding from the Councillor Grants and support from B&Q for the protective equipment.

A full risk assessment was done, and the date was set.

On Saturday the 19th of October over 30 volunteers of all ages, from 13 to 73, male and female, turned up at 10 am, and set about clearing the footpath of vegetation.

Another group, waded into the Navigation, and with suitable protective gear, started the clear up of the debris. Amongst the items that had been dumped were vacuum cleaners, the ubiquitous shopping trolleys, road works barriers and lots smaller plastic bits and pieces – fortunately no broken glass or bottles were found.

There were also quite a few overhanging branches and fallen trees which were acting as dams and collecting rubbish- these were also cleared. A local farmer, from Highbridge Farm, provided a truck to load up all the debris. Quite a lot of the vegetation was sent to be composted.
The group worked till 3.00 pm in and the enjoyed sandwiches and hot drinks, provided the EGNA.

They had cleared the area of the Itchen Navigation between Ham Farm and Worthy Bridge. This shows how diverse Communities can work together to improve local environment to benefit the community.

**Nepalese Buddying Project**

Members of Maddhat Shamuha, ‘Nepalese Help’, have recently begun training to become home visit buddies for their fellow community members.

Maddhat Shamuha is a community group that meets fortnightly. It informs local Nepali residents about help and support available in the UK providing opportunities for the local Nepalese community to join existing projects by supplying the support needed to do this.

The Home Visit Scheme began as there are several house bound Nepali's who are isolated and as a consequence aren't receiving any support or advice.

Ram Gurung, a leading member of the group, has worked tirelessly to help people the community by visiting the house bound in their homes and working with local services that can help. It was his work that identified this issue.

There is now a more formal structure in place. Twelve people have been trained so far. They will visit house bound and elderly community members to identify needs. This will not only benefit those isolated in the community, but also help professionals to engage with people they may otherwise not reach.

To find out more- in first instance please contact Amanda Lee
[amanda.lee@hants.gov.uk](mailto:amanda.lee@hants.gov.uk)
Hampshire’s Gypsy & Traveller Health and Well-being Action Plan

The multi-agency action plan was developed by a range of key stakeholders at a multi-agency health planning event held on the 1st of March 2013 and builds on the action plan that was developed and implemented in 2012/13, co-ordinated by the Forest Bus Health Project Steering Group.

The event was attended by representatives of Forest Bus, New Forest District Council, Hampshire County Council, NHS Hampshire, Solent NHS Trust, Southern Health NHS Foundation Trust, Community First New Forest, a local community pharmacy, the Handy Trust & Families Matter.

The plan seeks to provide a framework for agencies to work together to address some of the significant health needs facing Gypsies & Travellers in Hampshire and is built around the 4 overarching goals identified in the Hampshire Health & Wellbeing Strategy 2013-18.

1. Starting Well – So every child can thrive
   Issues facing the children within the community include above average perinatal and infant mortality rates, above average incidence of low birth weight, low childhood immunisation uptake, above average childhood accident rates, poorer dental health and poor educational attendance and attainment.

2. Living Well – Empowering people to live healthier lives
   Within the community there is poorer life expectancy, some 10-12 years lower than the population as a whole, above average mortality rates. There is a higher incidence of respiratory conditions including asthma along with higher than average levels of physical and mental disability. The community has poorer access to the uptake of preventative health services including cancer screening. There are lower levels of literacy and this will result in a poor understanding of how to access local health and social care. This will result in a low uptake of services. Across the community there will be above average levels of anxiety and depression. Members of the community may experience stigma, discrimination and social isolation.

3. Ageing Well – Supporting people to remain independent, have choice, control and timely access to services
   Older people in the community will face premature mortality, winter health problems, a higher than average rate of falls. There will be social isolation and a higher incidence of cancer.

4. Healthy Communities – Helping communities to be strong and support those who may need extra help
   Many children in the community will be unprepared for school and be poor attenders. Across the community there will be issues around poor literacy and consequently poor access to services. The community experiences high
levels of unemployment and deprivation, including child poverty. There is a likelihood that community members will live in poor accommodation experiencing problems around sanitation and overcrowding. This may lead to respiratory disease. In addition, the community will face issues regarding transport and consequent lack of access to services.

Each of the four areas outlined above has a series of actions – setting out the tasks to be undertaken and what activities need to be undertaken to achieve the intended outcome. The plan clearly states the impact the action will have on the health of the community, along with performance measures and milestones for each action. A named person or organisation is identified as responsible for taking the lead on each action and driving it forward.

An event was recently organised by the Steering Group to provide free flu vaccinations for the community. A pharmacist was able to give vaccinations in a local community hall. At the same time donated winter clothes were offered to the community at the event.

The plan has been informed by both national and local research into the health and social needs of Gypsies & Travellers in Hampshire and will be used to inform the work of all the partner agencies who are committed to working in together to improve Gypsy & Traveller Health.

There will be an annual review of the plan and progress against agreed actions will be monitored and recorded at each stakeholder group meeting.

For more information please contact - Sayem Kabir CDO New Forest – sayem.kabir@hants.gov.uk
A Sad Farewell to Forest Bus

The Forest Bus officially closed down on 1st December 2013 due to lack of funding and resources. For the past 20 years the Forest Bus have been delivering services to children, young people and families from the gypsy and traveller community in rural Hampshire. The have received national recognition for the quality of their research into the health needs of the community and have been an important partner to the County Council in much of the work it has done with this community. It is a great shame to see the project closing down. We would like to thank Forest Bus for all the help and support they have given us over the years and the opportunities they have given to the most marginalised and hard to reach community in the Hampshire.

Sayem Kabir CDO New Forest – sayem.kabir@hants.gov.uk

Ping Pong - "Never Too Old for Gold."

The English Table Tennis Association and Hampshire County Council are delivering a project in Hampshire to show how playing table tennis not only helps to maintain an active lifestyle, but also reduces social isolation by getting involved in the local community.

Eastleigh Borough Council, in partnership with Hampshire County Council organised the first screening of the film "Ping Pong, Never Too Old for Gold" at the Point in Eastleigh on Friday 15th November. The event was well attended, with local community groups from Eastleigh and other areas in Hampshire turning up to watch the film and take part.

‘Ping Pong...’ is a funny and emotional film that follows eight octogenarians as they prepare for and compete in the World over 80’s Table Tennis Championships in Inner Mongolia. Terry (81) having been given a week to live, gets in sight of winning gold. Inge (89) has used table tennis to train her way out of the dementia ward and Australian legend Dorothy de Low is 100 and finds herself a mega celebrity.

After the film Hampshire’s table tennis development officer, Nico
Caltabiano demonstrated just how easy it is to get started and how people of all ages and abilities can play the game, it can even be played sitting down! The event is part of a national campaign to promote table tennis as a fun way to stay active and healthy as people get older and district council's are working with Hampshire County Council to roll the project out across Hampshire. To encourage local residents to get involved, Eastleigh Borough Council has given away 10 ping pong sets to local older peoples groups to enable them to offer table tennis as an activity.

Next year there will be a County-wide older people’s ping pong tournament, with the final being staged in October at Fleming Park Leisure Centre, Eastleigh.

Karen Jones – Community Development officer -Eastleigh

Black History Month is about celebrating and promoting an understanding of black culture and experience and showcasing positive Black, Asian and Minority Ethnic contributions to British society.
Another part of its purpose is to improve the confidence and awareness of Black, Asian and Minority Ethnic people in their Cultural heritage. At the event organized in Winchester on the 21st October we ran interactive workshops including African dancing, African drumming and a giant mosaic activity supported by HMS Alliance. The workshops were very successful and a lot of people took part. There were a range of stalls that were interactive and gave people the opportunity to gain knowledge and experience of wider diversity. African food was on the menu at the cafeteria.

Lesbian, Gay, Bisexual and Transgender Group

An LGBT drop-in surgery, Andover’s first, has been set up by Hampshire Police, Test Valley Borough Council and Hampshire County Council.

Its first meeting took place on 12 November for young adults aged between 15 to 25 years old.

The sessions are for those who are concerned by issues surrounding their sexuality. The venue is kept as a secret so that they members of the group feel safe and is given out to people who contacted by either email address or by phone.

Heidi Hymers from Hampshire Police says about the session “It may be somebody who’s just coming out. They can pop down to the clinic, and speak with people who are like-minded, and have already come out. They may help others realise that it's not as big an issue as they feel it is.”

“For Andover itself, hate crime against the LGBT community isn't a big issue. That's fantastic, but we want to keep it that way.”
If you are interested and would like more information about the LGBT drop-in surgery please contact on lgbt_andover@outlook.com

**New Nepali Women’s Group in Winchester**

A coffee morning for Nepali working women in Winchester was held on the 30th November. Nineteen ladies attended and were all enthusiastic about starting the group.

The concerns raised at the meeting included access to English classes, women’s health and building better links with other communities in Winchester.

The women are hoping to make the Holi Festival a larger event in Winchester next year. This is the same as the festival of colour celebrated in India. It falls around the end of February so planning will start at the next meeting.

The group is looking at different venues and to meet once a month. Speakers will be invited to come and talk to the women on issues such as access to services and health and social care issues.

The next meeting we will also discuss opening the group up to all working women in Winchester.

For more information about the group please contact Kate Williams or Greg Richards on kathryn.williams@hants.go.uk or gregory.richards@hants.gov.uk

**User-led Organisations Conference**
On 13th November 2013, South East Network of Disabled People’s Organisations (SENDPO) hosted a conference for service user led organisations (ULOs) and health and social care commissioners across the South East of England.

The conference - organised in partnership between SENDPO, Hampshire County Council and Surrey County Council - presented an opportunity to explore how ULOs can add value to the way health and social care services are commissioned and arranged.

The conference was well attended, with over 90 delegates present, including representatives from the Office for Disability Issues who were seeking good practice examples to promote around the country in 2014. Hampshire organisations were well represented on the day too, with members from Hampshire’s Personalisation Expert Panel, Hampshire Centre for Independent Living, Disabled People’s Voice Hampshire, All Inclusive, Chatterbox LGBT and the Anglo-Filipino Society all contributing to the workshop discussions.

Chaired by Peter Beresford, from the national user-led organisation Shaping Our Lives, the conference opened with perspectives on the future of social care commissioning from Ruth Dixon and Anne Butler, who have the lead responsibility for commissioning in Hampshire and Surrey respectively, before hearing from user-led organisations involved in service design and delivery.

Good practice case studies from Surrey included hearing about the work of Surrey Coalition of Disabled People and Surrey Disabled People’s Partnership and how collaborative working is creating opportunities for ULOs to offer peer advocacy. Case studies from Hampshire focussed on Spectrum Centre for Independent Living’s User-Led Organisations Project and Home Care Competition and the ongoing work to develop a long-term strategy to support ULO development.

Delegates were also invited to contribute perspectives on SENDPO’s commissioning toolkit, which is intended to raise awareness of the different ways local authorities and ULOs can work together to develop and deliver services.

Whilst the conference identified areas of good practice, a number of key areas for change were identified for commissioning bodies and ULOs to consider. These included discussions on sustainable sources of funding, capacity building, understanding procurement rules and regulations, and ensuring that opportunities for involvement are available to an ever diversifying community of service users and carers.

Commenting on Twitter, Conference chair Peter Beresford said: what a great day in Hampshire with people at the cutting edge of user driven commissioning. who says social care can't be progressive??

For more information on SENDPO and service user involvement in Hampshire please see the following links:
SENDPO - http://sendpo.org/
Festive Quiz

Test your knowledge of faith, culture and diversity in our Festive Quiz. Most of the answers are to be found in ‘The Culturally Appropriate Care Guide’. Follow the link below to access The Guide. We will publish the answers in the next edition of our Newsletter.

1. What are the two main religions in Nepal?

2. Who are the Pavee?

3. Are New Age travellers treated in law as an ethnic minority?

4. The UK Filipino community comes predominantly from which Philippine island?

5. What is the gender of a Polish person with the surname Kowalska?

6. If someone comes from Angola – what language would they be most likely to speak?

7. The British Bangladeshi community mostly come from which region in Bangladesh?

8. When does Chinese New Year usually fall?

9. Sickle cell anaemia is a significant health problem in which community?

10. What is the national language of the Philippines called?

11. What is Dashian?

12. Which campaigning organisation takes its name from a riot that began in a bar in New York’s Greenwich Village?

13. ‘A perfect state free from suffering’ is known as what by Buddhists?

14. How many times each day are Muslims required to pray?

15. The Day of Atonement is marked by which faith group?

16. What is Mr Singh’s wife called?

17. In which year was the ban lifted on lesbians and gay men serving in the UK armed forces?

18. To which faith group is healthy food referred to as ‘I-tal’?

19. Which community commemorates The Language Movement Day?

20. Which language do most Chinese in the UK speak?
To see The Guide – click the link below

Guide to Providing Culturally Appropriate Care in Hampshire

Our Team is now able to offer training for front line care professionals in using the Guide. The Guide outlines the cultural needs of the existing faith and ethnic communities of Hampshire. We hope ‘The Guide’ will be practical and relevant in your workplace.

We are currently working with members of the LGBT Staff Action Group to expand The Guide to include information about working with lesbian, gay, bisexual and transgender clients.

Please contact Tony.McCarthy@Hants.gov.uk or Amanda.Lee@Hants.gov.uk if you have any contributions or changes to suggest. We would welcome your contributions and comments.

Our Team
To contact a member of the Inclusion and Engagement Team or the Community Development Officer that covers your locality please use the link http://www3.hants.gov.uk/adult-services/adultservices-professionals/aboutas/structure/inclusionandengagement.htm