



The Torbay Wheel, Torquay  
Sea Front

# Torbay Adult Social Care Newsletter (TASC)

Welcome to the first issue of our Torbay Adult Social Care (TASC) Newsletter, which has been designed to bring helpful and interesting information to all our care providers.

## Free English Classes

### FREE ENGLISH CLASSES FOR SPEAKERS OF OTHER LANGUAGES

The Cool House, Torquay  
17 Morgan Avenue, TQ2 5RP

Wednesdays 6-7.30pm  
Thursdays 10 to 12 pm

Starting Thursday 12th Sep-  
tember 2013  
Weekly during school terms.



Classes held in a friendly warm envi-  
ronment.

**TO JOIN PLEASE CONTACT:**  
lorrie.layne@torbay.gov.uk  
(01803 206 276/ 07771 806870)

jean.jackson@torbay.gov.uk (01803  
208910)

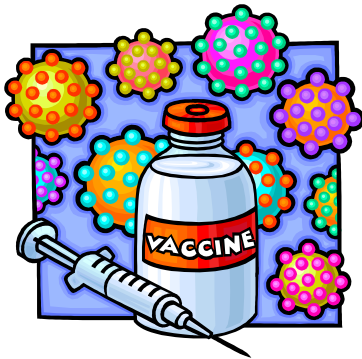
**MORE INFORMATION ON:**  
[www.devongrapevine.ning.com](http://www.devongrapevine.ning.com)

#### Inside this issue:

Introduction of a New Shingles Vaccine	2
Free Medicines Management (MM)	2
Pressure Ulcers Project (PUP)	3
Disclosure & Barring Service	4
It's That Time of Year Again	4



## Introduction of A New Shingles Vaccine



---

*A free vaccination programme against shingles will start in GP surgeries from September 2013. Initially it will be aimed at individuals aged 70*

---

Shingles (also known as herpes Zoster) is a common viral infection that can cause long-lasting severe pain. It affects people more commonly as they get older.

Most of us had chickenpox when we were young and some will not be aware that they've had it. The virus that caused chickenpox can stay in our bodies for the rest of our lives without our knowing it is there. Sometimes, however, the virus reactivates when we're older and causes a disease called shingles. Shingles isn't like other infectious diseases because you don't catch it from someone else.

A free vaccination programme against shingles will start in GP surgeries from

September 2013.

Initially it will be aimed at individuals aged 70 (i.e. all those born between 2 September 1942 and 1 September 1943, inclusive) and 79 years old (i.e. all those born between 2 September 1933 and 1 September 1934, inclusive) will also be offered the vaccine in a catch-up programme. By having the vaccination it will be significantly reduce individual's chances of developing shingles. The aim of the vaccine is to boost immunity to prevent the development of shingles in later years.

If any individual does go on to have shingles the symptoms may be milder and the illness shorter, than if they had not had the

vaccination.

Side effects following the vaccination are usually quite mild and don't last very long. The most common side effects, which occur in at least one in every ten people, are headache, and redness, pain, swelling, itching, warmth, and bruising at the site of the injection.

Your doctor will invite individuals in for the vaccination. It can be given at the same time as the flu jab in the autumn (although it can be given at any time of the year.

People who have weakened immune systems, for example due to cancer treatment, should not have the vaccine. Your doctor will advise whether this applies to you.

## Display on Staff Notice Board

---

If you have any comments or thoughts on the newsletter or suggestions for future items please let us know by emailing.

*Please display this Newsletter on your Staff Notice Board to keep staff informed of what's going on.*

---



# Pressure Ulcers Project (PUP) Workshops



The PUP Project

Saying **NO** to pressure damage

*Free training for all  
staff in Nursing/  
Residential Homes  
and Domiciliary Care  
Agencies*

---

*This training is  
FREE and can be  
accessed by any  
member or level of  
staff*

---

## Free Workshops

Free PUP Workshops are being held at the Redcliffe Hotel, Paignton, TQ3 2NL on:-

16/09/2013 and 23/09/2013.  
There are two sessions, morning and afternoon to choose from. Morning sessions are at 9.30am - 12.30pm and afternoon sessions are at 1.30pm-4.30pm.

Please choose one of the 4 sessions.

30 delegates per session. Please book preferably by email to [pup.project@nhs.net](mailto:pup.project@nhs.net) Alternatively, please call 01626 771141.

We require your name, the organisation you work for, contact details and which session you want to attend.

We will email you to confirm a place on the training.

If you have a disability or have special access requirements please let us know on time of booking.

Torbay & Southern Devon Health & Care Trust have been able to secure funding for this education and there will be **no charge for this event.**

We hope that you will be able to send representatives who will take the information back to the organisations. We'll also be keen to hear if you would wish to have more training on this for staff and we can look to support you with further events.

### **P = Pressure Points**

Regularly check areas of the body that may be under pressure.

### **R = Red – Report it**

Report PROMPTLY any painful areas to your health professional.

### **O = Oral Intake**

It is important to eat a balanced diet and drink plenty of fluids.

### **M = Moisture**

Keep skin clean & dry. Use mild soap & simple moisturiser.

### **P = Position**

Poor positioning can cause pressures ulcers. Avoid pressing down on heels to move yourself up the bed.

### **T = Take pressure off**

Keep moving, change position 2-hourly. Talk to the Occupational Therapist(OT) via your local team.

For more information contact the PUP project on:  
[pup.project@nhs.net](mailto:pup.project@nhs.net)  
or call Jan Prytherch or Liz Tooby on 01626 771 141

Here is the link to the Trust Website PUP project web page:  
<http://www.tsdhc.nhs.uk/yourlife/pup/Pages/Default.aspx>

## Disciplinarys, suspensions or redeployment? Do you know your referral duty?

Do you know that when you have cause to move or remove an employee (or may have done had they not resigned) because they have harmed a child or vulnerable adult – or there was a risk of harm you have a LEGAL duty to refer the person to the Disclosure and Barring Service (DBS)?

We know that many 'regulated activity' employers make referrals, but we believe that some employers might need more infor-

mation to support them when safeguarding allegations arise.

The DBS' website is [www.homeoffice.gov.uk/db](http://www.homeoffice.gov.uk/db) and provides a range of materials to help you to consider or make a referral.

This includes a Referral Form, Referral Guidance, FAQs and a series of Fact Sheets.

On 1 December 2012 the Independent Safeguarding Authority (ISA) and the

Criminal Records Bureau (CRB) merged to form a new organisation, the Disclosure and Barring Service (DBS). The legal duty to make referrals remains, however referrals should now be addressed to the DBS.

You may also contact the DBS Helpline on 01325 953795 for information or advice about making a referral.

## It's that time of year again

Each year the NHS prepares for the unpredictability of flu. For most healthy people, flu is an unpleasant but usually self-limiting disease with recovery generally within a week.

However, older people, the very young, pregnant women and those with underlying disease, particularly chronic respiratory or cardiac disease, or those who are immunosuppressed, are at particular risk of severe illness if they catch flu.

Last winter was a quiet flu season for England. However, some other countries experienced more severe flu, a reminder that flu can be dangerous and remains highly unpredictable. We must therefore guard

against complacency and continue to vaccinate as many people in the 'at risk' groups as possible.

Just a gentle reminder that if you are 65 years or over or in an 'at risk' group then you are eligible for a free flu vaccination through your GP.

Flu is unpredictable and the strains change each year. Please make sure you are immunised.

To protect their clients and families health care workers are also reminded of their need to be vaccinated against flu.




---

*Just a gentle reminder that if you are 65 years or over or in an 'at risk' group then you are eligible for a free flu vaccination through your GP.*

---

Torbay and Southern Devon Health and Care NHS Trust  
Commissioning Adult Social Care  
St Edmunds, Victoria Park Road, Torquay, TQ1 3QH

If you have any comments or thoughts on the newsletter or suggestions for future items please let us know by emailing.

[linda.gibbs2@nhs.net](mailto:linda.gibbs2@nhs.net)

Newsletter Edition 1

**We're on the Web**

[www.tsdhc.nhs.uk](http://www.tsdhc.nhs.uk)

