

news & views

healthwatch
Redbridge

your newsletter from Healthwatch Redbridge
issue 7 - 2016 Dignity Special Edition

welcome

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Please note that the views expressed by contributors are not necessarily those of Healthwatch Redbridge.

Dignity Action Day

To mark Dignity Action Day on we are holding a 'Digni-Tea' Party:



Monday 1 February 2pm - 4pm
at Valentine's Park Café
in Valentine's Park

To attend please book your place by contacting the office or email
thomas@healthwatchredbridge.co.uk.

Healthwatch Redbridge is participating in Dignity Action Day on the 1st February 2016 - a day that brings staff and members of the public together to make a difference to those receiving care.

This will be a fun event with a vintage theme. We will be playing 20s, 30s and 40s music. Dressing up is always encouraged!

Drinks and cake will be provided

We would like attendees to think about what dignity means to them. If you would like to, please write a poem which you (or someone on your behalf) can read out at the event.



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Dignity in Care conference



On 4 December Healthwatch Redbridge held their Dignity in Care conference. Over 50 people attended the event.

The conference was used to launch our Enter & View reports based on visits to care homes and hospital wards in and around the borough.

The aim of the visits was to identify and report on good practice in regards to dignity and respect and to highlight opportunities where improvements might benefit people who use specific services. In total, eight care homes and two hospital wards were visited by our representatives.

The conference also raised awareness in regards to Dignity Action Day 2016 and highlight the importance of dignity and respect in care.



The majority of reports were positive with a number of homes showing good practices of Dignity.

One home made a 'dignity tree' whilst another offered joint resident and staff dignity training. However, there were some room for improvement. Some staff seemed to be rushed meaning they appeared to have a shortage of time to do the 'little things' that matter to those in a health or social care setting. There were also delays in addressing/implementing identified concerns and changes required.

All of the Enter and View dignity reports can be found on our website: <http://healthwatchredbridge.co.uk/enter-and-view-reports>

Left, Ashley Brooks, the National Patient Champion, talked about the importance of listening to the people who use health and social care services. Above, Cathy Turland, Chief Executive of Healthwatch Redbridge.



We would like to congratulate Healthwatch Redbridge PDG member Dr Suresh Vasishtha for his MBE for services to the London Borough of Redbridge in the 2016 New Year's honours.

Celebrate Dignity Action Day 2016



Dignity Action Day 2016 is on the 1st of February and is dedicated to making sure that people who use health and care services are treated as individuals and to remind others of the little things that can uphold a person's dignity.

Here are some of the ways you can take part in Dignity Action Day 2016.

- Inviting staff and services users to create a 'dignitree' like the one pictured. The tree can be made from paper and people can write on the leaves about what dignity means to them or how it can be improved/insured in the environment that they work/live in.
- Hold a 'Digni-Tea party', like the one we're having. You could invite carers and residents to come together and sit down and talk whilst offering teas, coffees and cakes.
- Hold an event where there are stalls where different people teach others a skill. For example, the older generation could teach younger people how to knit, whilst the young people teach the older generation how to use social media.



Don't forget to let us know what you're doing so we can promote the good work! Email thomas@healthwatch.co.uk and let him know what you are doing to celebrate the day.

Becoming a Dignity Champion.

A Dignity Champion is someone who is passionate about the idea that dignity is a basic human right.

Over 63,000 people have signed up to become Dignity Champions and have pledged to act as role models, challenge poor care and educate and inform those working around them about Dignity.

As a Dignity Champion you will be able to download promotional material to promote dignity.

To become a Dignity Champion or to find out more, you will need to complete a registration form at www.dignityincare.org.uk



lets talk!

How to contact Healthwatch Redbridge.

Share your experiences of health and social care services in Redbridge today:

By telephone:

Call 020 8553 1236

Between 9.00am - 5.00pm Monday to Fridays, a member of staff will record your comments

By Email:

info@healthwatchredbridge.co.uk

Visit our Website:

www.healthwatchredbridge.co.uk

You can use it to tell us what you think by clicking through to our 'Talk to us' page

Social media:

Please follow us on Twitter and Facebook

Twitter: **@HWRedbridge**

Facebook: **Redbridge Healthwatch**

Or scan this QR code using your smartphone:



By Freepost:

We have set up a freepost address which means you can post us your views without the need to buy a stamp. Simply write the address below onto your envelope and post it to us:

Freepost RTEK-HYXH-RLZT

Healthwatch Redbridge

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Like us and follow us to keep up with our latest news and reports



Dates for your Diary 2016

Feb: Dignity Action Day-All Day
Monday 1st February: All Day
Healthwatch Redbridge celebrates Dignity Action Day

'Digni-Tea' Party
Monday 1st Feb 2pm - 4pm
Valentine's Park Café in Valentine's Park, Ilford IG1 4SB

Redbridge CVS Network Meeting
Wednesday 3rd February
at 1:00pm
16-20 Clements Rd IG1 1BA

Healthwatch Redbridge Board Meeting
Thursday 11th February at 1:30pm
16-20 Clements Rd IG1 1BA

Mar: Redbridge CVS Network Meeting
Wednesday 2nd March at 1:00pm
16-20 Clements Rd IG1 1BA

Redbridge Health & Wellbeing Board meeting
Monday 7th March at 2:15pm
Kenneth Moore Theatre

Healthwatch Redbridge Board Meeting
Thursday 8th March at 1:30pm
16-20 Clements Rd IG1 1BA

Redbridge CCG Governing Body Meeting
Thursday 24th March at 1:30pm
Becketts House.

Apr: Healthwatch Redbridge Board Meeting
Thursday 14th April at 1:30pm
16-20 Clements Rd IG1 1BA