

Praxis Care

Annagh Outlook

Special points of interest:

- Official opening of Locke House
- Tenants Christmas Dinner
- Donegal Hooley
- Advocacy advice



Hello and welcome to the latest edition of The Annagh Outlook.

Following the recent dip in temperatures a lot of people are recovering from frozen or burst pipes and flooding. We would advise tenants to keep their houses or flats warm and dry to prevent this from happening.

This month Stanley McGoldrick has returned to his previous post in Lurgan, while Joe O'Neill has returned to Portadown. Other changes in staffing include the return of Rachel Smith, the departure of Nicola Clougan who is returning to

Forest Lodge and Susan McBride who has joined us from Castle Lane, Lurgan. Also, Maire McKenna has been welcomed as the new team leader in the residential scheme.

The befriending service still requires volunteers so Praxis Care would appreciate if you could spread the word to family and friends. For further information contact Lillian Turkington on 38331196.

Quote of the Issue:

"There is no such thing in life as an uninteresting subject ; the only thing that exists is an uninterested person. "

The Great Snow Fall.....

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In December 2010 the UK experienced a spell of very low temperatures and significant snowfalls which affected almost the whole country. This was the most widespread and prolonged spell of this type across the UK since December 1981/January 1982.

Large areas of England, Wales and Northern Ireland regularly saw night-time temperatures falling well below freezing, and on occasion below -10 °C, while in Scotland night-time temperatures in the Highland glens regularly fell below -15 °C or lower. Daytime temperatures in many areas frequently struggled to rise above freezing, often remaining several degrees below.

The freezing temperatures were accompanied by widespread snowfalls on many days

throughout the period. With daytime temperatures often failing to rise above freezing, little thawing occurred so fresh snowfalls added to previous accumulations.

Transport was particularly badly affected with snowfalls causing numerous road closures, and train and flight cancellations. In Northern Ireland, thousands of households experienced difficulties with freezing water supplies.

The freezing conditions continued into the New Year with widespread ice causing treacherous conditions on roads and pavements, resulting in a spate of accidents and falls. Minor roads were particularly badly affected as in many parts these were untreated by road grit and salt due to concerns over supplies running low.



Donegal Hooley...

A weekend away was enjoyed by staff and tenants of Locke House from the 19th to the 22nd November 2010. Residents stayed in The Abbey Hotel, a three star hotel in the centre of Donegal Town.

The weekend consisted of three nights of Country and Western Concerts followed by a dance following this. It included stars such as Louise Morrissey, Larry Cunningham,

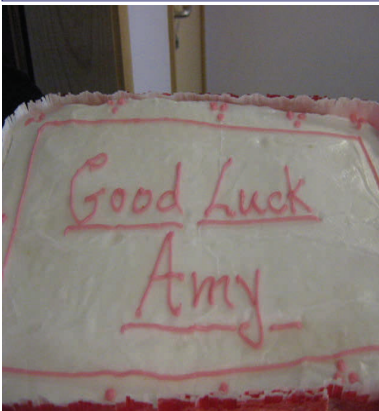
Hugo Duncan, Kenny Archer, Pat McCool, Fiddler Adam and Hill Billy Willy.

In particular this was enjoyed by Albert who was celebrating his birthday and had the pleasure of meeting Hugo Duncan.

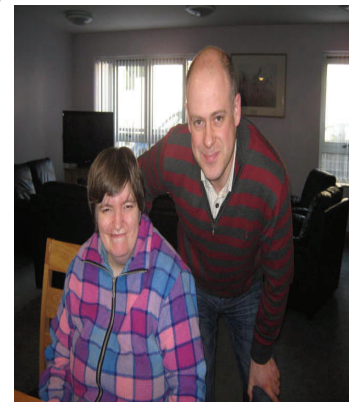


*Most memorable moment....
"Driving through the mountains from Donegal Town to Killybegs and Glencolumkille to Ardara, the scenery was breath taking." Francie Hagan*

Amy's Leaving Party...



This month we are sad to say goodbye to one of our long standing tenants, Amy Frazer. She has been with praxis for 10 years now and is moving on to much sought after accommodation. Amy will be sad to leave you all and would like to thank all who turned out to wish her farewell.



Christmas Dinner...



Christmas dinner was held on the 16th December in the scheme as an alternative to most years when staff and tenants went out locally. Staff prepared the three course meal with choices for starter (fruit cocktail or soup) and desert (trifle or Christmas pudding) and the traditional roast turkey, ham and stuffing with vegetables and potatoes.



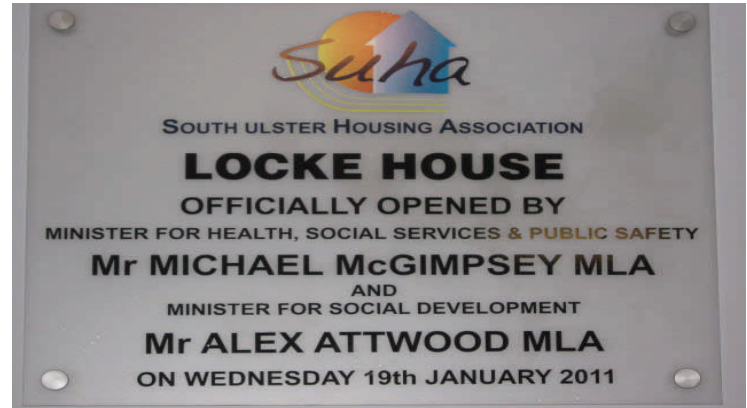
Official Opening of Locke House...

Wednesday 19th January saw the official opening of Locke House. SUHA Chairman Jim Haslam opened the proceedings and welcomed around 50 guests. Micheal McGimpsey, Minister for Health, Social Services, Public Safety and Alex Attwood MLA, Minister for Social Development, Alan Locke SUHA Board Member and Nevin Ringland Chief Executive of Praxis Care gave

speeches on the day.

The building was named after one of the SUHA board members Mr G A Locke who lived a number of years ago in the original building 136 Thomas Street. Work commenced in August 2007 and was completed in June 2009. The building is now managed by Praxis Care. Locke House offers 7 self-contained flats and 7 residential bedrooms

with ensuite facilities.



Regulation and Quality Improvement Authority (RQIA)

RQIA is the independent body responsible for monitoring and inspecting the availability and quality of health and social care services in Northern Ireland, and encouraging improvements in the quality of those services.

They register and inspect a wide range of services and review the quality of services provided by health and social care organizations.

RQIA are responsible for overseeing the care and treatment of people with mental ill health and those with a learning disability., monitoring the care and treatment of people who may be

detained in hospital and subject to guardianship, visiting and interview people in facilities where they are detained, examining drug treatment plans to ensure they are appropriate, checking detention forms to ensure they are valid and monitoring untoward events.

They do this by actively engaging with service users, carers, advocates and other stakeholders, visiting hospitals and community facilities, checking treatment plans, undertaking audits and reviews to ensure that care is being provided in accordance with best practice and publishing their inspection and

review findings.

As a service user if you have concerns about the treatment of someone with mental ill health or a learning disability you can make an appointment to speak to a member of the RQIA team.

The next scheduled inspection will be carried out on Monday 4th April 2011. The inspector is interested in hearing your views on the quality of the service and how support you receive from Praxis Care meets your needs. We would take this opportunity to encourage you to meet with the inspector.



Due to start in scheme soon is a cookery programme for tenants. This is to assist them to learn new skills or build on existing skills or simply to learn how to cook dishes you enjoy. Staff are currently working on this programme and hope to issue dates soon. The programme will run for 6 weeks and will aim to accommodate all those interested.

The dishes we plan to run with in-

Cooking Programme....

clude:

- Bacon, cabbage and potato
- Roast beef, potatoes and vegetables
- Bacon and casserole
- Chicken pie
- Sweet and sour



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Advocacy

What is Advocacy?

Advocacy is a means of supporting and helping people to speak up or act for themselves. The key aims of mental health advocacy are to empower people who use mental health services and to protect their rights as citizens by helping them to get their views across. Empowerment is an essential aspect of advocacy. It supports and promotes people's rights to speak and act for themselves and to regain some control over their lives. Advocacy is different from advice in that advice work is concerned with information and advocacy is concerned essentially with support although clearly advocacy will involve some information and advice will involve some element of support.

What Do They Do?

Advocacy can involve listening and giving information, encouraging the client to

Being Flu season again we want to remind you of a few points to consider to minimize the risks of infection :

- *Always carry tissues;*
- *Use clean tissues to cover your mouth and nose when you cough and sneeze;*
- *Bin the tissues after one use;*
- *Wash your hands with soap and hot water or a sanitizer gel often.*

It is also useful to note the typical symptoms related to swine flu, which are:

- *Sudden fever and sudden cough;*

Other symptoms can include:

- *Headaches; tiredness; chills; aching muscles; limb or joint pain; diarrhea or stomach upset; sore throat; runny nose; sneezing and loss of appetite.*



There are times when you may wish independent advice or advice of a more specialist nature. In this event there are several options you can consider:

Citizen's Advice Bureau – www.citizensadvice.co.uk There are a number throughout the Province however the nearest are: The Town Hall, Lurgan and the New Health Centre in Portadown (028 3835 3260 for both)

Northern Ireland Association for Mental Health – www.niamhwellbeing.org is a good source of information. The Advocacy Unit for County Armagh is based in St Luke's Hospital in Armagh. (028 357 22381 Extn 2282 and ask for Anita)

Age NI - www.ageuk.org.uk/northern-ireland offers an advice and advocacy service to anyone over 50 years of age. Open 8am to 7pm Monday through Friday, they can be contacted at 0808 808 7575

CAUSE - www.cause.org.uk carer support by Carer Advocates, (Thursday-Friday) Tel: 07738 210628

speak on their own behalf, liaison with different agencies, mediating so people understand each other **and** representing or acting on behalf of someone.

What Sort of Problems Can Advocates Help With?

- Within the community:
- practical problems in accessing benefits, accommodation and other services
- lack of understanding of severe mental illness
- discriminatory attitudes and fear
- pressures at work, college and other environments
- strain within the family
- difficulty getting a second opinion or a medical review.