

November 2017 Info Burst

Welsh Ambulance Services News

Children's Promises

'Our Promises to Children' was launched on Monday 20th November at an event held to coincide with United Nations Universal Children's Day at Noah's Ark Children's Hospital for Wales in Cardiff.

It includes pledges for the Welsh Ambulance Services to be kind and friendly to young people; listen to and involve them in decisions about their care; and talk in a way they can understand. Find out more about the launch event [HERE](#). Click [HERE](#) to see our Promises.

Highlight Report – capturing your experiences

We have been very busy out and about in the community over the last few months, talking to people who have used our services. Find out more about what we have been doing [HERE](#).

Dementia Plan

The Welsh Ambulance Services is celebrating the launch of its Dementia Plan for the next three years. Dementia is set to be the 21st century's biggest healthcare challenge, therefore the plan outlines the our ambition to improve our service for people with dementia, as well as consider the impact it will have on our workforce.

Click [HERE](#) to view our plan.

Speed Down, Save Lives for Road Safety Week

Find out more about it [HERE](#)

Welsh Ambulance Service invites members of the public to Trust Board meeting in November

Find out more [HERE](#)

Welsh Ambulance Service receives donation of 200 teddies to comfort patients

Read about it all [HERE](#)

Welsh Ambulance Service invites members of the public to Trust Board meeting on 14th December

This will take place at Lliedi Suite at the Selwyn Samuel Centre, 8 Park Cres, Llanelli SA15 3AE starting at 10am.

The Trust's latest quarterly board meeting will be held from 10am until 1pm before a break for refreshments, followed by an engagement session from 1.45pm onwards, when members of the public will be able to get involved and offer their views. Find out more [HERE](#)

Choking Awareness Campaign

Would you know what to do if someone was choking? Follow the links here to learn how you can save a life:

[HERE](#) – e-book for children, 'The Pen That Lost His Lid'

[HERE](#) – Chokeables Video

[HERE](#) – Simon's Story. Simon responded to a 13 month old child who was choking. His swift actions resulted in the Paramedics praising his actions in saving the child's life.

[HERE](#) Welsh Ambulance Services Choking video showing what you can do if an adult is choking.

Message in a Bottle

An initiative developed by the Lions Clubs, Message in a Bottle is a simple idea enabling people to keep their personal and medical details on a form and kept in a common location – the fridge! Anyone can use the scheme but it is particularly vital for those in a vulnerable position who may not be able to communicate their medical details to the Emergency Services. This will include:

- People with life threatening conditions/allergies
- People who have disabilities
- People not in good health
- People living alone
- Older people

For further information on local Lions Clubs to see if there is a scheme in your area, click [HERE](#)

My Winter Health Plan

This year the Welsh Government have a new initiative to help people with long-term health conditions and their carers. 'My Winter Health Plan' is a document that shares information with healthcare professionals making a home visit about:

- your condition
- the support you receive, and
- the advice you have been given
- your key health and care support contact details

Who is the scheme for?

It is designed to help:

- anyone living with a long term physical or mental health problem
- older people with health needs, or
- anyone who may need support from health staff over the winter period (and beyond)
- Registered carers and family members looking after people with long-term health conditions

How does it work?

You, a friend or family member or your carer fills in the Plan to give basic information about you, including

- your main health problem,
- contact details for your GP and
- where your care plan and prescriptions are kept at home.

Click [HERE](#) to get all of the documents you need.

Be Winter Wise this Autumn

Get your flu vaccine

Encourage your family and friends to get their flu and shingles jabs in plenty of time for winter 2017, find out more [HERE](#)

All wrapped up

Keep warm this winter, [HERE](#) are some tips to tell you how

No Appointment Needed

Pharmacies are a great local place for getting medicines, support and advice on range of common conditions or minor illness, without needing an appointment. Find out where your local pharmacy is [HERE](#)

Are you Choosing Well? Try our quiz and find out [HERE](#)

Check your symptoms - NHS Direct Wales Symptom Checker [HERE](#)

Ask us you're Health Question [HERE](#)

Social Media

Keep up to date with everything the Welsh Ambulance Service is up to! You can follow the Welsh Ambulance Service's Patient Experience and Community Involvement Team on Twitter. We now have over 3,000 followers! Help us to reach 4000 by clicking [HERE](#) to view our profile page and follow us @WelshAmbPIH Thank you!

NHS Wales News

Preventing Falls - video shows the importance of exercise

The video has been produced to mark Older People's Day 2017 and it brings to life the strength and balance exercises from the popular Get Up and Go Guide. The animation aims to raise awareness amongst older people of the benefits of exercise and the role of physiotherapy in falls prevention.

Click [HERE](#) to view the video on YouTube

Subtitled version [HERE](#)

'Read about Me'

Is a new person-centred toolkit, developed by Cardiff and Vale University Health Board, for people with a dementia or cognitive impairment. This innovative toolkit was created by Dementia Champions within the Health Board. It is really easy for carers to complete and for staff to read. The end result is a booklet which includes information about a person's normal day routine, what matters to them, the things they would like others to know about them, the food and drink they like and how they want people to communicate with them.

To see the Read about Me resources, follow the link:

<http://www.cardiffandvaleuhb.wales.nhs.uk/page/81674>

Other News

Dementia Friends

Click [HERE](#) to read 6 reasons why you should become a Dementia Friend.

Suicide Prevention Consultation

Please take part in the Suicide Prevention Consultation [HERE](#)
The deadline for responses is **8 December 2017**. Please send your views to: SeneddHealth@assembly.wales

Major Trauma Network: South and West Wales and South Powys

NHS Wales Health Collaborative has been working with doctors, nurses and independent experts to develop proposals for a new major trauma network across South Wales and now they want to know what you think. You can find more information and complete a survey [HERE](#)

Age Cymru's 'Spread the Warmth' Campaign

The '*Spread the Warmth*' campaign is to support older people to make healthier choices and feel supported and empowered to maintain good health and wellbeing during winter. The campaign's aim is to support the NHS by reducing the number of older people becoming unwell and needing to access hospital and emergency services. The campaign also serves to support NHS Wales by promoting *Choose Well* and *Beat Flu*, raising awareness of primary and community care services among older people and supporting them to take action to avoid the need to access A&E or dial 999 for minor ailments.

This year: new edition of our ever popular '*Winter Wrapped Up*' guide, along with posters, thermometer cards, '*Don't leave yourself in the cold*' myth-busting leaflet, '*Help with heating costs in Wales*' factsheet, '*More money in your pocket*', '*Save energy, pay less*' all of which are downloadable from Age Cymru's website [HERE](#)

Printed copies are available to order through our Age Cymru Advice Line **08000 223 444** or advice@agecymru.org.uk

Age Cymru Care in Crisis report

This Report highlights older people across Wales are not getting the care and support they are entitled to, showing that the chances of older

people being assessed for care needs depends largely on where they live in Wales and that many older people are struggling to get a care needs assessment. When provided with a care package it often excludes night time care, a time when many are most vulnerable. Read their full report [HERE](#)

Contact us

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Visit the Get Involved page on our website www.ambulance.nhs.uk

Twitter: @WelshAmbPIH