

A very Happy New Year to you all

Staff news

Adult team: We say farewell to one Community Carer who has left after many years with SPDNS

Compliments: Here is a sample of recent compliments, well done everyone and thank you:

Adult team: “SPDNS have made a huge difference” and also “Can’t thank our carers enough so lovely, amazing”

St Luke’s: “Just to say thank you for the wonderful caring support you gave to us recently. It gave comfort during a very difficult time and is appreciated and will be remembered”

Southend on Sea – Library Home Delivery Service

Do you know anybody who has trouble getting to the library? Residents of Southend can sign up for the FREE Southend Home Library Service. Contact 01702 534123 or email: librarydevelopment@southend.gov.uk

Keep well and keep warm during cold weather

NHS Castle Point, Rochford & Southend Clinical Commissioning Groups have issued the following media release:

As colder weather sweeps across Essex, local GPs are urging local people to take extra care. Prolonged periods of cold weather can be dangerous, especially for the very young, very old or those with long term health conditions.

Top five tips to keep warm and well:

1. Heat your home well

By setting your heating to the right temperature (between 18-21°C) you can still keep your home warm and lower your bills. If you feel cold at night, use a hot water bottle or electric blanket – but never use both together. It is especially

important if you’re at home all day.

2. Wear sensible clothing when outdoors

Wrap a scarf loosely around your mouth when outdoors – add a hat and wear

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shoes with a good grip, too. If you have a heart or respiratory problem like asthma or COPD, stay indoors during very cold weather – check our #Scarfie for more top tips.

3. Eat well and have plenty of fluids

Food and water are vital sources of energy, and they help keep your body warm. Try to make sure you and your family have hot meals and drinks regularly throughout the day.

4. Keep your medicine cabinet well stocked

If you're on medication, make sure you get your repeat prescriptions in time so you don't run out. Check to make sure you have enough over the counter remedies for coughs and colds so you don't need to leave home unless you have to.

5. Look after yourself and others

On cold days try to avoid going outside. However, if you do need to go out, remember to wrap up warm and take care on slippery surfaces. If you have an older neighbour or relative, look out for them during the winter to make sure they are safe and well

If you're worried about a relative or elderly neighbour you can contact your local council or call the [Age UK](#) helpline on 0800 678 1174 (8am-7pm every day).

If you're concerned that the person may be suffering from hypothermia you should contact NHS 111.

Mental Capacity Act (MCA)

The MCA Code of Practice is being updated in 2020. The main changes relate to the introduction of Liberty Protection Safeguards (LPS) which will replace the current Deprivation of Liberty Safeguards (DoLS). We understand this will come into force in October 2020. We will keep you informed of the changes and these will be discussed in training/updates once introduced.

We are also amending our MCA assessment forms.

A full copy of the current MCA Code of Practice is available for staff to refer to in the SPDNS office.