



# Stoic News

The Voice of older people in Southern Test Valley

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## Watch this space for news and updates on forth coming Autumn Event

### LAST FORUM MEETING

Ian Bacchus from NHS Hampshire, who is the Project Manager for the **Hampshire Health Record**, spoke to us about the new computer-based record system that is being implemented in Hampshire to link up patient records across the county in order to improve accessibility and to enhance patient treatment and care. Currently GPs, hospitals and community-based health professionals all collect and record information on patients which is stored electronically on separate computers. Implementing new computer systems has now made it possible to combine patient data from all these standalone systems allowing NHS Hampshire to create a single central record, the Hampshire Health Record. This consolidates information from GPs received from hospitals located across Hampshire. By including all such relevant data, e.g. patient history, medication, care plans, x-rays etc. This should enable NHS staff to provide people with the best possible care.

The main benefits of the new system are:

- gives health professionals the right information about patients at the right time
- provides the correct information to enable informed decisions about patient treatment more quickly
- reduces time wasted waiting for information enabling quicker treatment

### WHAT YOU NEED TO KNOW

**STOIC Forum meetings are held every two months at Age Concern 24 Linden Rd, Romsey.**

**Membership of £5 began in November 2009  
Non-members £1 per meeting**

**The forums give an opportunity for over 55's to get together and discuss local issues important to them; to have a say in what matters to them in the areas of community, health, leisure, education, safety, housing, transport, benefits and age discrimination etc.**

**If you need a transport you can ask Paul Buxton at Age Concern 24, Linden Rd Romsey on 01794 521398 or**

**[ageconcernofficer@btconnect.com](mailto:ageconcernofficer@btconnect.com) for a sight of the minutes of previous meetings or visit the Website**

**[www.romseynet.org.uk/STOIC/index.htm](http://www.romseynet.org.uk/STOIC/index.htm)**

**Next Meeting - 9<sup>th</sup> July 2010 – Sharon Hargreaves from Romsey Police and Pete Warren from Hants Ambulance will be talking on 'Preventative Safety and Security in the home'**

However, it should be pointed out that, at this stage, several people in the audience expressed some concerns regarding security of the data, patient confidentiality and privacy. Ian responded by saying that rigorous processes are in place to ensure that people are only registered with limited access to view information that is only appropriate to their need. Also so that the technology used is safe, secure and reliable; audits and checks are carried out to ensure that this happens. As such the integrity of data stored is protected and seen only by the right people for the right reasons. People will always be asked for permission before their records are looked at, unless it's an emergency situation and unable to give consent.

Individuals can ask who has seen their health record to check that no-one has accessed it without their permission. In fact staff can be disciplined or dismissed if data is viewed without justification and if privacy rules are broken. Users of the system are required to sign a data confidentiality document as part of their training. All activity history is logged and reviewed and all computers and servers are physically based in Southampton with data stored only on the local NHS network. The system only enables single records to be accessed at any one time which makes it more difficult to abuse patient confidentiality.

A.O.B.

#### 'Better Balance for Life' events

Louisa mentioned a couple of free events/workshops being organised by Hampshire County Council to inform people how exercise can help prevent falls. Local fitness groups will be giving demonstrations and also stands giving out valuable hints and tips on how to reduce the risk of falls.

- Thursday 25<sup>th</sup> March at The Lights, Andover 10.30-12.30
- Thursday 22<sup>nd</sup> April at Lyndhurst Community Centre 10.30-12.30

#### Romsey 'Stay Safe Day'

Paul advised of the above event at Romsey Town Hall on Friday 26<sup>th</sup> March (10.00-14.00) being organised by Hampshire Police. Come along and find out how to protect your home from fire or learn about ways to secure your property. Representatives from the Police, Fire, Testway Housing and Trading Standards will be there to advise and answer your questions.

#### Romsey Community Street Audit

Veronica talked about the ongoing programme of 'street audits' taking place in Romsey. This was through personal involvement in the Tadburn area audit last year and shared with us observations made and photographs taken from the actual audit itself. It becomes clear that this sort of activity is a very important tool in getting things recorded and brought to the attention of the relevant authorities to get fixes made and improvements carried out to make our streets, pavements and footpaths safer for everyone. Please contact Veronica for more information.

#### STOIC Autumn Event – 1<sup>st</sup> October 2010 (Crosfield Hall)

STOIC is organizing an event to help celebrate UK Older People's Day and the contribution older people make to society. We have so far held a couple of sub-committee meetings with another one planned at the end of this month. We are still very much in the planning stage but have lots of good ideas for the event which we will share with you at the May STOIC meeting.

#### 'Inter-generation Scrabble'

Anne mentioned this fascinating event that takes place every second Friday of the month (school term time) at the Carers Cafe, 9 Love Lane, Romsey. Older people and younger people (from local schools) are brought together to take part in a number of joint games and activities, which are not only good fun but provide a very interesting opportunity for different generations to meet and talk to each other.

## EDITOR'S SLOT

In my slot in this issue I want to report on my investigations regarding Walking for Health. In the last issue I mentioned my interest in Nordic Walking I was already aware that the system exercises the body by walking with walking poles more than general walking. I had an interesting meeting with Kate Ray who organised a 'Nordic Walk Taster' in North Baddesley. Apparently the system exercises 95% of our muscles and therefore, must be treated with respect and caution, there are techniques which must be adhered to. Warming up and beginning slowly are of great importance and anyone wishing to lead a group would be advised to take part in a course she runs.

The health of participants should also be taken into consideration and to this end participants would need to fill in a 'Physical Activity Readiness Questionnaire' A pair of walking poles would need to be purchased but these are available from 'Argos'. There is also a beneficial social aspect as it is great to walk and exercise with friends.

From a personal point of view I have been walking with walking poles for two years and as an older person I found them very beneficial. I typically have two responses; gentlemen usually ask me where my skies are and ladies cluck sympathetically and say, 'they are sorry that I need to walk with two sticks now'. I always find these comments amusing. The sticks help me with my posture and encourage me to walk more upright; they also help to propel me forward thus tending to automatically make me walk faster. Kate said they are very good for head, neck and shoulder muscles.

Should anyone be interested I would be prepared to organise a group 'Taster Session', with the possibility of arranging regular walking sessions. These, of course, would be very sedate walks for absolute beginners. If you would be interested in attending a taster session or joining me for regular walks please ring me 01794 514609 or email oakbank21@talktalk.net.

Veronica Lakey (editor)

## LETTERS TO THE EDITOR

If you have had any bad experiences regarding hospital food particularly in the General Hospital, Southampton, please get in touch with a member of the committee, Veronica Lakey, Paul Buxton at Age Concern.

*Anyone with any comments or concerns, good or bad, about matters raised at the current, past forums or have suggestions for future meeting topics are invited to write to the editor by post or e-mail for inclusion in 'Stoic News' (Mrs Veronica Lakey, 21, Tadfield Cres., Romsey, phone 01794 514609 ['oakbank21@talktalk.net'](mailto:oakbank21@talktalk.net))*

## WE NEED VOLUNTEERS

The Stoic committee needs volunteers to fill vacancies in the committee, namely a Vice-Chairman or Treasurer and a fundraiser.

Also distributors for the following areas

All the Churches except the Abbey and St Swithins

North Baddesley – Village Hall, Churches, Surgeries and Shop

All villages except Lockerley and Nursling

Retirement homes except Linden Court and Wakeford Court

Volunteers will each be responsible for pinning a newsletter to the notice boards at their chosen location around the town and surrounding areas and leave a small pile for people to take away. This is definitely not a door-to-door delivery. Please get in touch with Veronica details above.

**Member's attendance at the 'Test Valley's Transport Forum'**

A volunteer is needed to attend 'Transport Forum' meetings which meet variably and alternate between Romsey and Andover. See Anne Meader for details.

Next Meeting date 2010 – Monday 20<sup>th</sup> September (starting at 10.am.)

**STOIC AUTUMN EVENT**

**1<sup>st</sup> October 2010**

**STOIC plans to hold a big all-day event in the Crosfield Hall to celebrate this day.**

**Put the date in your diary and tell your friends and relatives.**

**Plans and discussions are taking place – any ideas, suggestions or offers of help would be appreciated**

**Contact Paul Buxton on 01794 521398**

**DON'T FORGET 2010 FORUM MEETING DATES**

**9<sup>TH</sup> JULY, 10 SEPTEMBER, 12<sup>TH</sup> NOVEMBER.**

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