



Jan 2018
Volume 2, Issue 1



Inside Advocacy

EXCITING NEW PROJECT

SUPPORTING TRANSITIONS—IMPROVING THE EXPERIENCE OF HOSPITAL DISCHARGE

Supporting Transitions will provide independent advocacy to help lone older people over 50 in Barnet during their stay in hospital, through the process of hospital discharge and after they have been discharged to a care home or to their own home.

The Project aims to support people in hospital to make informed choices and decisions about their treatment and future care, especially in relation to discharge arrangements.

Funded by The Mercers' Company, Garfield Weston Foundation and the B'nai Brith Leo Baeck Lodge (London), Supporting Transitions helps people to ask for what they want and to feel in control of what is happening to them. It also supports them to access the services and advice they need to improve their stay in hospital and to avoid re-admission once discharged.

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VOLUNTEER SUPPORT MEETINGS 2018

10AM—12 NOON

Forthcoming meet-
ings:

Tues 30 Jan—
Trinity Church, 15
Nether Street, North
Finchley N12 7NN

Wed 28 Feb— AiB,
One-Stop-Shop,
NW9 5XB

Tues 27 March—
Trinity Church, 15
Nether Street, North
Finchley N12 7NN

Wed 25 April—
Trinity Church, 15
Nether Street, North
Finchley N12 7NN

Tues 22 May—
Trinity Church, 15
Nether Street, North
Finchley N12 7NN

Tues 19 June — tbc

Wed 18 July — AiB,
One-Stop-Shop,
NW9 5XB

Tues 21 Aug — AiB,
One-Stop-Shop,
NW9 5XB

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Supporting Transition Advocates can:

- help patients prepare for meetings and make them more effective for everyone involved
- ensure that healthcare professionals, social services, benefits, and other agencies understand and respect a person's wishes
- attend hospital discharge meetings
- liaise with occupational therapists regarding adaptations
- raise issues about care
- provide information on independent and residential living options
- provide information as to what practical help is available locally
- provide information and support on other common advocacy issues such as accommodation, equipment, social and leisure options
- support patients being discharged back to their own homes
- support patients being discharged into a care home for the first time so that all agencies understand and respect the person's wishes and preferences.

This project will build on the *in situ* advocacy in hospitals that our Volunteers have been delivering at the Royal Free, Finchley Memorial and Edgware Community Hospitals.

Volunteer advocates will be present in hospital wards to support people during the discharge process.

Volunteers will be matched with between 3-8 people a year depending on length of involvement and frequency of visits required – as well as Volunteer availability. Volunteers will support the same person throughout the period required.

VOLUNTEERING OPPORTUNITIES

- Are you an undergraduate or postgraduate studying social care or another relevant discipline?
- If you are working do you have some evening or weekend availability?
- Are you recently retired or are looking to return to work after a break?
- Are you able to commit some regular time (~2-4 hours/week) each week?
- Could you visit an individual at least once a fortnight – or more often as required?

If you are interested in reducing the isolation of vulnerable older people and improving their health and well-being then complete the application form at:

<http://advocacyinbarnet.org.uk/volunteers/>

or email:

admin@advocacyinbarnet.org.uk



MACMILLAN CANCER ADVOCACY UPDATE

The Macmillan Cancer Advocacy Project is drawing to a close and will end at the end of April. However, we will continue to accept referrals to the Project until it ends.

So far we have helped 60 older people with cancer and their carers with a diverse range of advocacy issues.

WHAT'S ON IN 2018?

World Cancer Day

4 February

Free Wills Month

March 2018

Dying Matters Week, 14-20 May 2018

Volunteers' Week, 1-7th June 2018

International Volunteer Day, 5 December 2018

COMINGS AND GOINGS AT AIB

The last 12 months have seen some major changes in personnel at AIB.

Silvana Talbot joined us as Senior Advocate and Macmillan Advocate in February 2017 and most of you will have worked with her by now and appreciate what a great contribution she is making to our organisation.

After reading History at University, Silvana completed a Post Graduate Diploma in Law and the Legal Practice Course, with special interest in Criminal and Family Law. She joined the Metropolitan Police in 2010 as a Detention Officer working in custody. In 2012, she joined the Prison Service on their Graduate Fast Track Scheme and worked as an Officer in a women's mental health unit and Supervising Officer in Operations for the first year. Silvana then spent 2 years in a male establishment as the manager of the Safer Prisons department incorporating Suicide Prevention, Violence Reduction and Equalities. Her final post, as a Governor, was at a male establishment as Deputy Head of Residence.



Silvana hard at work as usual

Useful Links

BarnetU3A

www.barnetu3a.org.uk

Citizens Advice Barnet

barnetcab.org.uk/

Age UK Barnet

[https://
www.ageuk.org.uk/
barnet/about-us/
contact-us/](https://www.ageuk.org.uk/barnet/about-us/contact-us/)

COPA Blog

[https://
opaalcopa.org.uk/](https://opaalcopa.org.uk/)

Shailja Kumar joined us in October 2017 as the Supporting Transitions Advocate.

With a background in social work she has worked in the voluntary sector for over 25 years in South and North London Boroughs. She has delivered various roles in the community from working with those with mental health issues to befriending schemes, Time Banks, those with dementia and their carers. She has also provided information and advice to Stroke survivors and their carers and more recently has been providing advice to older residents in Barnet via the Later Life Planning Service. Shailja has joined us from Age UK where she worked for the last 3 years.

Finally we were extremely sorry to see Janet Maddison leave AiB at the end of 2017. Janet worked as a research scientist for many years before becoming a teacher and she has been associated with AiB for several years in a variety of roles: she has been a member of the Management Committee, an advocate and since Jan 2017 her role was that of Volunteer and Training Co-ordinator (including Macmillan). She was a great colleague and will be greatly missed.



Janet



Shailja

ADVERTISING

Advertising is welcomed in *Inside Advocacy*.

To discuss call:

020 8201 3415

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WELCOME TO OUR NEW VOLUNTEERS

We have recently recruited several new Volunteers and look forward to working with them over the coming months.

We would like to extend a warm thank you to all those Volunteers who have recently left the organisation for all their time and energy. We hope they will keep in touch via Friends of Advocacy in Barnet (FAB).

ADVOCACY IN BARNET

Advocacy takes action to help people say what they want, secure their rights, represents their interests and obtain the services they need.

Advocacy in Barnet provides a free, confidential and independent advocacy service to people 50+ in Barnet.

Advocacy in Barnet
4-5 The Concourse
Grahame Park
London
NW9 5XB



LEAVE A LEGACY

Gifts in wills are an amazing way of supporting our essential advocacy work into the future.

Gifts can come in all shapes and sizes, big and small - ranging from £10 to £1000 or anything left over after other gifts have been made.

By putting a gift in your will to Advocacy in Barnet, you can make sure that we will be here to continue to give our warmth and expertise for the people of Barnet when they need us.

MAKE A DONATION

Alternatively, make a donation. We rely on the generosity of people who support our charity to keep it going. Any one-off or monthly donation to our service would so gratefully received.

Please make your cheque payable to Advocacy in Barnet.

To set up a standing order please contact us on:
admin@advocacyinbarnet.org.uk

RAISE FREE FUNDS FOR ADVOCACY IN BARNET WHEN YOU SHOP ONLINE

<https://www.easyfundraising.org.uk/causes/advocacyinbarnet>

www.advocacyinbarnet.org.uk
Registered Charity No: 1115740
Co Limited by Guarantee
No: 5769365