Welcome to our list of ‘Top Useful Websites’. The lists consist of those websites that, in Knowledge Management’s opinion would be of use to staff in Health and Care Services. Hopefully you will find this listing a helpful resource but, as always, we would be interested to hear your feedback.

If you have any comments or would like to suggest any additional sites for the list then please email us at knowledge.management@cumbriacc.gov.uk.

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# GENERAL SOCIAL CARE

1. **British Association of Social Workers (BASW)**  
   [www.basw.co.uk](http://www.basw.co.uk)  
   BASW is the largest organisation in the UK representing Social work and Social Workers. This website includes a link to the professional code of ethics, a latest news summary, publications including journals and events, employment advice and features on the homepage.

2. **Health Professions Council (HCPC)**  
   [www.hcpc.org.uk](http://www.hcpc.org.uk)  
   The Health and Care Professions Council regulate 15 health professions including social work and occupational therapy in order to protect the public. HCPC keep a register of health and care professionals who met their standards for training, professional skills, behavior and health.

3. **The College of Social Work**  
   The College upholds the agreed professional standards and promotes the profession and the benefits it brings to the general public, media and policy makers.

4. **The College of Occupational Therapists**  
   [http://www.cot.co.uk/](http://www.cot.co.uk/)  
   The College of Occupational Therapists is a wholly owned subsidiary of the British Association of Occupational Therapists and operates as a registered charity. The College sets the professional and educational standards for the occupational therapy profession and promotes the benefits of occupational therapy to the public, service commissioners and political representatives at national and international levels.

5. **Health and Social Care Information Centre**  
   An independent NHS Special Health Authority that collects, analyses and distributes information on health and social care. Information includes statistics and data collection and news and events.

6. **Department of Health – Social Care**  
   [https://www.gov.uk/government/topics/social-care](https://www.gov.uk/government/topics/social-care)  
   This section of the Department of Health website contains policies, newsletters and guidance relating to social care.

7. **Care Quality Commission – Guidance for Professionals**  
   [http://www.cqc.org.uk/guidanceforprofessionals.cfm](http://www.cqc.org.uk/guidanceforprofessionals.cfm)  
   CQC is the official regulator of Adult Social Care in England. The website has a dedicated site for professionals working within Social care which lists registration information, complying with regulations and details on assessment and current legislation.
8. The Social Care Institute for Excellence (SCIE)
www.scie.org.uk
SCIE’s aim is to improve social care services for adults and children in the UK by identifying good practice and helping to embed it in every day practice. Social Care Online is the UK’s most complete range of information and research on social care that can be accessed free and is updated daily.

9. Community Care
www.communitycare.co.uk
Community Care is a weekly publication that provides social care professional with information on many aspects of social care. Their website includes the latest social care news, discussion forum, jobs and legal updates.

10. Social Care Association
www.socialcareassociation.co.uk
The Social Care Association is an organisation that promotes positive practice within all social care services. SCA is a UK organisation of individuals and corporate organisations involved in social care. The website has news, information and events sections.

11. Care and Health Law
http://www.careandhealthlaw.com/Public/Index.aspx
This website provides up-to-date news and information on law, policy and practice developments relating to social and health care provision in the UK. The main purpose of the site is the Care and Health Law database in which there is a lot of basic information, for free, about the significance of court cases and the legal framework involved in this area - users, carers, providers and purchasers - whether their concern is social care, health care or human rights.

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CARERS

1. Caring for Someone – Directgov (Government Information for Carers)
https://www.gov.uk/browse/disabilities/carers
This government website is a collection of information on government policy and provision for carers. You will find information on caring and support services, finance, care homes and carers and employment.

2. Carers Information – resources to support informal carers
http://www.carersinformation.org.uk/
The 'Carers Information' website provides up to date resources and information on issues relevant to carers and those professionals who assist them in their role. The site provides information on benefits and finance, carer profiles, carers and work, carers issues, carers legislation, legal issues, national plans and strategies and useful links. The site is provided by the Carers Association Southern Staffordshire.
3. Carers UK
http://www.carersuk.org/

Carers UK is the voice of carers and holds a wealth of information vital to carers - ranging from government legislation to where to go for financial help when you are a carer.

4. Princess Royal Trust for Carers
http://www.carers.org/

The Princess Royal Trust for Carers is a UK charity, formed in 1991, and is the largest provider of comprehensive carers' support services in the UK. Through its network of 118 carers' centres, the Trust provides information, advice and support to some 180,000 carers. The website includes information about the organisation and its work; discussion boards that provide a forum for support and the exchange of information; news; links to other useful resources; and a 'Help for Carers' section covering a range of topics, including taking time off, benefits, young carers, mobility issues, employment, and more.

5. Care Directions
http://www.caredirections.co.uk/

Care Directions provides a guide to care and the rights of older people in the UK. The objective of the site is to empower people with the information they need to make truly informed, effective choices - to give them control in their lives, or the lives of their loved ones. Includes sections on staying at home, care homes, sheltered housing, the role of social services, hospital discharges, complaints procedures, funding choices, and financial planning.

6. Age UK
http://www.ageuk.org.uk/home-and-care/

Formerly Age Concern, this website provides information, support and advice for individuals and includes sections on health, care, money and work and learning.

7. Independent Living
http://www.independentlivinginc.org/

This site provides information on support available to carers including a series of guides, for example, on financial benefits, fall prevention, telecare, respite care etc.

8. Alzheimers UK
http://www.alzheimers.org.uk/Caring_for_someone_with_dementia/index.htm

Advice and information for caring for someone with dementia – sections include coping with caring, relationships and long term care.

9. Young Carers

The Children's Society National Young Carers Initiative is part of the Include Project. Their site is a source of information on for anyone who works with young carers and their families as well as the families and carers themselves. It receives funding from the Department of Education and Skills and the Department of Health.
### COMMISSIONING

1. **Think Local – Act Personal**  
   A tool for supporting providers and commissioners to learn from innovative practice in commissioning and delivering personalised services.

2. **Joint Commissioning Between PCT’s and local Authorities – NHS Evidence**  
   A useful library resource which includes resources on commissioning guidance and tools, reports and consultation documents and journal articles.

3. **How do you know commissioning is effective? Local Government Improvement and Development (formerly I&DeA)**  
   [http://www.local.gov.uk/commissioningandprocurement](http://www.local.gov.uk/commissioningandprocurement)  
   This webpage illustrates the role of the commissioner and commissioning within local authorities and includes links to key documents such as Joint Strategic Needs Assessment Guidance.

4. **Commissioning – The King’s Fund**  
   [http://www.kingsfund.org.uk/topics/commissioning/index.html#keypoints](http://www.kingsfund.org.uk/topics/commissioning/index.html#keypoints)  
   This site has useful links to key documents and information on commissioning projects and also has a library database.

### DEMENTIA/ALZHEIMER’S

1. **Alzheimer’s Society**  
   This website has a vast range of various resources from local information to a section for researchers and professionals. It includes publications such as dementia related factsheets and The Dementia Knowledge Centre which is a resource for professionals and those interested in Dementia research.

2. **Dementia UK**  
   [http://www.dementiauk.org/about-us/](http://www.dementiauk.org/about-us/)  
   Dementia UK is a national charity committed to improving the quality of life for all people affected by Dementia. Their website includes sections on what they do and information and support.
3. AT Dementia
http://www.atdementia.org.uk/

This website brings together information about assistive technology that has the potential to support the independence and leisure opportunities of people with dementia. There are sections on resources, research and development and products.

4. Dementia Web
http://www.dementiaweb.org.uk/index.php

A specialist Dementia information site, this provides information on support for families and those with Dementia, legal planning and financial help. It aims to help those with Dementia, their carers and professionals.

5. SPECAL ('Specialized Early Care for Alzheimer's')

SPECAL is a charitable organisation with an innovative approach to the care of people with dementia, offering a different and successful way of managing the disease for both the person with dementia and their family. SPECAL provides a range of courses, services, advice and information to promote the lifelong well-being for people with dementia.

END OF LIFE CARE

1. End of Life Programme – NHS
http://www.endoflifecareforadults.nhs.uk/

The National End of Life Care Programme works with health and social care services across all sectors in England to improve end of life care for adults by implementing the Department of Health’s End of Life Care Strategy. The website is designed to support health and social care staff working, in any capacity, with people nearing the end of life.

2. The National Council for Palliative Care
http://www.ncpc.org.uk/

The National Council for Palliative Care (NCPC) is the umbrella organisation for all those who are involved in providing, commissioning and using palliative care and hospice services in England, Wales & Northern Ireland. NCPC promotes the extension and improvement of palliative care services for all people with life-threatening and life-limiting conditions. NCPC promotes palliative care in health and social care settings across all sectors to government, national and local policy makers. It includes a publication section and news room.

3. National End of Life Care Intelligence Network
http://www.endoflifecare-intelligence.org.uk/home.aspx

The National End of Life Care Intelligence Network (NEoLCIN) aims to improve the collection and analysis of information related to the quality, volume and costs of care provided by the NHS, social services and the third sector, to adults.
approaching the end of life. This intelligence will help drive improvements in the quality and productivity of services. The Network is supported by the National End of Life Care Programme. It includes data and statistics, publications and research information.

4. End of Life Care – The King’s Fund

The webpage has useful links to other end of life publications and resources and explains the background and key points of end of life care.

EQUALITY/DIVERSITY IN SOCIAL CARE

1. Health and Care Professions Council (HCPC) – Equality and Diversity
http://www.hpc-uk.org/aboutus/equality/index.asp

This website includes the HPC Equality and Diversity Scheme – which provides the framework for promoting equality throughout the HPC.

2. Equality and Human Rights Commission
http://www.equalityhumanrights.com/our-job/

This is a more general equality website covering areas such as Human Rights and Legislative Frameworks This provides information on the latest equality legislation and publications, advice and guidance (including a helpline), key projects and a useful theme directory at the bottom of the home page.

3. The Equality and Diversity Forum
http://www.edf.org.uk/blog/?page_id=7999

The Equality and Diversity Forum (EDF) is a network of national organisations committed to equal opportunities. It draws together a wide range of information about all aspects of equality and human rights, providing its users with the information, expertise and understanding they need to tackle discrimination.

4. Local Government Improvement and Development (formerly I&DeA) – Equality and Diversity
http://www.local.gov.uk/equality-frameworks

This site provides up-to-date information on equality policy and practice; it also features equality frameworks, key equality themes and a sharing good practice section.
HEALTH AND SAFETY IN SOCIAL CARE

1. Health and safety in health and social care services – Health and Safety Executive
   http://www.hse.gov.uk/healthservices/
   This site has information on health and safety guidance, latest news updates and the role of HSE.

2. Skills for Care – Safety Guidance for social care staff
   This site provides safety guidance for employers and staff, specifically social care staff. It includes information on violence against social care staff and lone working.

3. UK National Statistics – Publication Hub – Health and Social Care
   This theme brings together information about public health, health services provided by the National Health Service (NHS) and social care. It also covers information relating to health and safety at work.

LEARNING DISABILITIES

1. The Foundation for People with Learning Disabilities
   http://www.learningdisabilities.org.uk/
   The Foundation for People with Learning Disabilities is a national charity that aims to improve the quality of life for people with learning disabilities. Part of the Mental Health Foundation, it conducts research and disseminates findings to interested parties. The site contains a range of information covering the issues that affect people with learning disabilities, and includes: news and events; information about where to seek help; statistics; information about rights and values, details of projects and inquiries; newsletters, fact sheets and other online publications; and links to other useful resources.

2. British Institute of Learning Disabilities
   http://www.bild.org.uk/
   The British Institute of Learning Disabilities (BILD) is an independent registered charity based in Kidderminster. BILD provide services that promote good practice in the provision and planning of the health and social care for people with learning disabilities. The site provides details about education and training, information resources, and publications.
3. Department of Health – Learning Disabilities
https://www.gov.uk/browse/disabilities

This is the Learning Disabilities section of the Department of Health website. It includes details on Valuing People Now three-year strategy for people with learning disabilities.

http://www.anncrafttrust.org/

The Ann Craft Trust (ACT) is a national association dedicated to the protection from abuse of adults and children with learning disabilities. The website includes membership information, a news section, a publications list, information on research projects, information on training and links to other sites.

5. National Development Team for Inclusion
http://www.ndti.org.uk/

The National Development Team for Inclusion is a not-for-profit organisation concerned with promoting inclusion and equality for people who risk exclusion and who need support to lead a full life and have a particular interest in issues around age, disability and mental health. The site contains publications, articles and information on Person Centre Approaches, Employment and Paid Work and Housing.

6. Housing Options
http://housingopt.org/

This is a housing advisory service for professionals and others who are concerned with the provision of housing for people with learning disabilities. The aim is to provide answers to all housing related questions including benefits, trusts, tenancies, choices available, mortgages, support and similar matters. It provides free advice by phone, letter or email and can also provide a more personal consultation service across the country for a fee. The site includes fact sheets, briefing notes and links.

7. The Learning Disability Website
http://www.learningdisability.co.uk/

The site is designed to provide information, education and services to both members of the public and those with a commercial interest. The site is primarily aimed at providing education information for people with learning disabilities, their carers, advocates, friends, professional carers, social and health care workers, students and those who have an active interest in promoting equality of opportunity for people with learning disabilities.

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MENTAL HEALTH

1. Department of Health – Mental Health
https://www.gov.uk/government/policies/making-mental-health-services-more-effective-and-accessible

This website is the UK Department of Health mental health home page. It contains consultation documents, implementation guides and good practice examples on mental health policy and legislation.

2. Mental Capacity Act – Deprivation of Liberty Safeguards (DoLS)

This government website gives standard forms and guidance (DoLS) for authorising the deprivation of liberty in hospitals and care homes of individuals who lack the mental capacity to consent to treatment or care they may need.

2. Mental Capacity Act 2005

The website details the legislative passage of the Act and sets it in its historical context. The website also includes information booklets on the Act and training materials.

3. The National Mental Health Development Unit

NMHDU, launched in April 2009, consists of a small central team and a range of programmes funded by both the Department of Health and the NHS to provide national support for implementing mental health policy by advising on national and international best practice to improve mental health and mental health services.

4. Alzheimer’s Society
http://www.alzheimers.org.uk/

The Society campaigns at national level, organizes a scheme of carers locally, and produces publications and sponsors a research fellowship. The site provides information about Alzheimer’s and other forms of dementia, gives access to the Alzheimer’s Internet Newsletters, and to sources of help and of information on financial and legal arrangements.

5. Mental Health Foundation
http://www.mentalhealth.org.uk/

The Mental Health Foundation is a UK charity improving the lives of everyone with mental health problems or learning disabilities, using research, service development and information to increase understanding and meet people’s needs. It includes publications online, conferences, links to other pages, and many other features.
6. MIND  
http://www.mind.org.uk/  

MIND is the leading mental health charity in England and Wales. It campaigns for the right of people suffering from mental distress to lead an active life in the community. These pages cover MIND's activities and policies. There are details of campaigns, a directory of national, regional MIND and an extensive list of MIND publications.

7. Rethink  
http://www.rethink.org/  

Rethink is the new operating name of the National Schizophrenia Fellowship (NSF). NSF exists to improve the lives of everyone affected by severe mental illnesses by providing quality support, services and information and by influencing local, regional and national policies. The site offers: corporate information; campaigning information; advice services; regional services with map and addresses; fundraising and appeals; conferences and courses and publications.

8. Centre for Mental Health  
http://www.centreformentalhealth.org.uk/  

Centre for Mental Health will aim to help to create a society in which people with mental health problems enjoy equal chances in life to those without quality support from the services they need to achieve their aspirations. The site provides details of publications, training programmes, current and forthcoming work, and events.

OLDER PEOPLE

1. Centre For The Policy On Ageing – Age Info  
http://www.cpa.org.uk/ageinfo/worldres.html  

An international resource centre for accessing information concerning the care of Older People worldwide including 70 websites in the UK.

2. Age UK  
http://www.ageuk.org.uk/  

Formerly Age Concern, this website provides information, support and advice for individuals and includes sections on health, care, money and work and learning.

3. British Association / College of Occupational Therapists  
http://www.cot.co.uk/cotss-older-people/cot-ss-older-people  

Lots of general OT information but the page highlighted links to many websites and resources relating to ‘Older People’.
4. Independent Living and Older People
http://independentlivingresource.org.uk/

This is a one-stop information resource for commissioners, transformation programme leads and other professionals working to embed Independent Living at the strategic level. Information includes the definition of Independent Living and the principles of Independent Living.

PERSONALISATION

1. in Control
http://www.in-control.org.uk/

in Control Partnerships is a social enterprise - a charity and an independent company. It works in partnership with citizens and government, and with charities and commercial companies. This website includes fact sheets on Self-Directed support, total transformation and has various sections including a library and events section.

2. Social Care Institute for Excellence (SCIE) - Personalisation
http://www.scie.org.uk/adults/personalisation.asp

This section of the website includes briefings on personalisation, information on implications of Personalisation for Commissioners and a link to the online SCIE website which holds various personalisation documents/articles.

3. Think Local Act Personal
http://www.thinklocalactpersonal.org.uk/index.cfm

A tool for supporting providers and commissioners to learn from innovative practice in commissioning and delivering personalised services. It includes key resources and the latest personalisation news.

4. Local Government Improvement and Development (formerly I&DeA) – Putting People First
http://www.idea.gov.uk/idk/core/page.do?pageId=8261282

This webpage provides information on the social care reform grant to support the transformation as well as details on the support systems to implement the Putting People First agenda.

5. Community Care – Progress on Personalisation
http://www.communitycare.co.uk/blogs/progress-on-personalisation/

This site includes a research section, a glossary on personalisation terms and blogs on people’s views and experiences. It also has a discussion forum.
1. Direct Government – Disabled people

Providing information on employment support, financial support, home and housing options, health and support, education and training, rights and obligations, motoring and transport, everyday life and leisure, travel, holidays and breaks. It also has a section for professionals, including health and social care which focuses on training.

2. The Royal National Institute for Blind People – RNIB
http://www.rnib.co.uk

The RNIB is the UK’s leading charity, which offers information, support and advice to over two million people with sight loss. Their work helps anyone with a sight problem with not only Braille or talking books but with practical solutions to everyday challenges. It also has a section for professionals, including health and social care which focuses on training.

3. The Royal National Institute for Deaf People – RNID
http://www.rnid.org.uk/information_resources/

The RNID is a UK based charity working for the UK’s 9 million deaf and hard of hearing people. They provide care services, communication support services, rights and welfare advice and deaf awareness training courses. They also provide information and factsheets for health professionals.

4. Sense – touching people’s lives
http://www.sense.org.uk

Sense is the UK’s largest organisation for Adults and Children who are deafblind or who have associated disabilities. Sense offer a range of services for babies through to older people. Their services are person centred and offer individuals the chance to develop their potential and to play a full part in the community.

5. Scope
http://www.scope.org.uk

Scope focuses its work on people with cerebral palsy with an aim of achieving equality for disabled people. Scope provides a helpline and leaflets and fact sheets that can be downloaded from their website.

6. Action for Blind People
http://www.actionforblindpeople.org.uk

Action for Blind People provides direct support each year to 22,000 visual impaired people. They support people with finding a job, applying for benefits, advice on housing issues, aids and adaptations, local information and even holidays. The website also has a specific area for children.
7. Leonard Cheshire
http://www.leonard-cheshire.org

Leonard Cheshire is the largest voluntary sector provider of care and support to disabled people in the UK and provides direct support to over 21,000 disabled people in the UK. They provide care homes, supported living, domiciliary support, and day services amongst other services. They also campaign world wide to change attitudes to disability.

8. Hearing Concern Link
http://www.hearingconcernlink.org/

Hearing Concern provide advice, information and support to those who are deaf or hard of hearing. They aim to raise awareness with the public and professionals on the issues associated with hearing loss.

9. Disability Trust
http://www.disabilities-trust.org.uk

The Disability Trust provides services to people with disabilities in the UK specially those with Autism, acquired brain injury, profound physical disability and a learning disability. Services include accommodation, respite care, education and rehabilitation.

SAFEGUARDING

1. Independent Safeguarding Authority
http://www.isa-gov.org.uk/

The Independent Safeguarding Authority (ISA) has been created to help prevent unsuitable people from working with children and vulnerable adults. Information includes referral guidance, latest news on safeguarding and events.

2. Social Care Institute for Excellence – Child Protection and Safeguarding
http://www.scie.org.uk/adults/safeguarding/

Keep up to date with the latest developments in child protection and safeguarding families’ by tapping into SCIE’s accessible, easy-to understand guidance, practical tools and support services.

3. Action on Elder Abuse
http://www.elderabuse.org.uk/

Action on Elder Abuse (AEA) works to protect, and prevent the abuse of, vulnerable older adults. AEA was established in 1993 by a group of practitioners from health and social care, and by academics and representatives of the voluntary sector. The website provides information on types of Abuse, a good practice database as well as useful links to other safeguarding resources.

The government’s updated policy statement on safeguarding adults who are vulnerable to abuse and neglect. It includes the statement of principles for Local Authorities Social Services and housing, health, the police and other agencies to use for both developing and assessing the effectiveness of their local safeguarding arrangements.

5. Care Quality Commission

CQC aims to ensure that all care services in England provide people with safe, effective, compassionate and high-quality care and encourage them to make improvements through inspections. The safeguarding pages of the CQC website outline how they help to safeguard people, a search facility for service users to read inspection reports on how well it is meeting the national standards in relation to safeguarding and a safeguarding protocol.

WORKFORCE DEVELOPMENT

1. Health and Care Professions Council
http://www.hpc-uk.org/apply/socialworkers/

From the 1st of August the Health and Care Professions Council will be the body responsible for regulating social workers. The site provides background information about the transfer from the GSCC to the HCPC.

2. The Social Care Workforce Research Unit
http://www.kcl.ac.uk/sspp/index.aspx

The Social Care Workforce Research Unit (SCWRU) is a multi-disciplinary national centre for original research into issues relating to the social care workforce. This website includes publications, research and events relating to the social care workforce.

3. Skills for Care – Modernising the Social Care Workforce

Skills for Care plays a key role in developing adult social care workforce strategy for around 38,000 employers and 1.5 million workers. Sections in this website include details of the Integrated Local Area Workforce Strategy (InLAWs) Project, Joint working agreements, international recruitment, new types of worker, and sector qualifications strategy (SQS)
4. Local Government Improvement and Development – Workforce  
http://www.idea.gov.uk/idk/core/page.do?pageId=5901471

This webpage provides resources on staff recruitment and retention, the Local Government Workforce Strategy and resources and good practice.

5. Social Care Institute for Excellence – Workforce Development  
http://www.scie.org.uk/workforce/index.asp

SCIE’s priority is to support those organisations that provide teaching and training in social care and social work by producing and disseminating resources that focus on the development of new skills and the improvement of existing skills. The site provides a good practice framework, a newly qualified social worker resource and a people management website. It also holds a resources section with nearly fifty workforce related documents/resources.