

Essex & Southend LINK

Weekly e-bulletin

Issue 2

5th March 2010

Discharge from Hospital OPEN DAYS

Discharge from Hospital Planning Group is organising OPEN DAYS to share your experience of discharge from hospital. Everyone is welcome.



10th March 2010, 9.00am-4.00pm at 6 Nelson Street, Southend, Essex SS1 1EF

19th March 2010, 9.00am-4.00pm at George Hurd Centre, Audley Way, Basildon, Essex SS14 2FL

26th March 2010, 9.00am-4.00pm at 1 Bond Street, Chelmsford, Essex CM1 1GD

29th March 2010, 9.00am-4.00pm at The Customer Service Centre (near Town Hall), High Street, Colchester, Essex CO1 1PJ

1st April 2010, 9.00am-4.00pm at Rainbow Services, the Rainbow Centre, 2 Wych Elm, Harlow, Essex CM20 1QP

For further information, please contact Varsha Goyal-Wright at 01245 490 733 or email: varsha.wright@essexandsouthendlink.org.uk

Essex and Southend LINK Calendar

We now have a calendar of what's going on at LINK under the events section in the website:

http://www.essexandsouthendlink.org.uk/?page_id=532&month=mar&yr=2010

'Outstanding Care, Transforming Lives'

A new on line publication has been launched by North Essex Partnership NHS Foundation Trust (NEPFT). This will be a regular monthly publication for partners and stakeholders. They would welcome your feedback - contact Ian C-Thorpe, Media and communications officer on 01245 546 446

<http://www.nepft.nhs.uk/uploads/documents/publications/stakeholder-bulletin/e-bulletin-march-2010.pdf>

Members can now write comments on the LINK website!

The LINK website now allows users to 'post comments' (leave messages) on particular pages. To be able to do this you have to 'register'. Registration is easy – there is a link at the bottom of every page (click the word 'Register' which you can find at the very bottom of all LINK pages). All you need is a valid email address.

Write a 'username' in the first box. Rather than using your real name you may want to think of a different name for yourself. It may help to write it down so you don't forget it! You will need your username to 'log in'. Remember – you cannot change your username later.

We will then send you a password. When you first 'log in' with your username and the password that LINK will email to you, the system will go to a page called 'Personal Profile'. Here you can change your password to something easier to remember. Just write the new password in the box at the bottom of the page and then again in the box underneath.

You can choose which name people will see when you post a comment (use the little arrow to the left of the box called 'Display name publicly as '). It could be your real name, your user name or a nickname. If you don't choose a nick name, the system will choose your username for you.

You can also add information about yourself IF YOU WANT TO. If you are not used to personal profiles or understand how they work *don't fill in anything else*. When you have finished making any changes remember to click 'Update Profile' at the very bottom of the page on the left to save everything.

Above every post are the sharing options (via Facebook, twitter etc) which are visible as logos. If you want to share the LINK page on these just click on a logo. Underneath these is the 'leave a reply' space. You have to 'log in' to leave a reply or to make a comment. Just click on 'log in to reply' or 'logged in'. Fill in your username and password and click log in. Now you can write comments in the box, just press 'Post comment' to send it to us. Remember you can't change your comment once you have pressed 'Post Comment'. Although the first couple of comments will need to be moderated (checked) by the site administrator (a member of LINK staff) users will be able to freely comment after their first couple of comments have been validated.

You can make comments on the events pages and the LINK news. Other pages such as archive material and the actual calendar page you cannot comment on. Each page which it is possible to comment has the 'leave a reply' space at the bottom.
<http://www.essexandsouthendlink.org.uk/>

Experts by Experience Group Event

THIRD SECTOR EVENT for Organisations Working in Mental Health
Tuesday 23 March 2010, Chilford Hall, Linton, Cambridgeshire
please see attached letter and form for further details

2010 Social Work Consultation Event

30th April 2010

9.30am to 2pm (with lunch)

Training Room 1, The Lodge, Runwell Hospital, Runwell

Wickford SS11 7XX Tel: 0845 603 6288

Please see attached flyer



Care Quality Commission (CQC) Inspection

CQC are currently inspecting services to older people. There are to be two public open forums. These are designed to give citizens the opportunity to comment on the older people's services which Essex County Council and its providers deliver.

- March 22nd, 6pm to 8pm
Chelmsford – County Hall, Essex, CM1 1LX
- March 25th, 10am to 12pm
Harlow Study Centre, Netteswellbury Farm, CM18 6BW

Refreshments will be provided and there is no requirement to book in advance.

For more information, please contact the Executive Office on 01245 435572, or email clare.hardy@essex.gov.uk or joanna.wanmer@essex.gov.uk tel: 01245 437 868

You can find out more about the Care Quality Commission and the work they do by visiting their website at www.cqc.org.uk

Autism strategy: No requirement to set up specialist teams

In October 2009 the Autism Bill was passed by parliament. Under the new law, the NHS and local authorities will have to provide diagnostic services for adults with autism (including Asperger syndrome) and better training for health and social care staff. This week the Autism Strategy was published:

http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/@ps/documents/digitalasset/dh_113405.pdf

A less wordy summary called 'Fulfilling and rewarding lives' from the National Autistic Society is attached.

Care services minister Phil Hope says the case is unproven for mandating specialist teams

<http://www.communitycare.co.uk/Articles/2010/03/03/113941/autism-strategy-no-requirement-to-set-up-specialist-teams.htm>



Your GP, your choice, your say

You can choose which hospital you go to, so why shouldn't you be able to choose your GP practice?

The NHS is carrying out a consultation on giving people more choice – so you can choose a GP practice that best suits your needs. The consultation is seeking views on the various options for enabling patients to register with the GP practice that best meets their needs, whether that is a practice near work, or simply a different practice near home that offers more services or longer opening hours. It also means that patients can stay registered at their current practice if they move house.

To have your say and find out more information you can visit the consultation website at: www.gpchoice.dh.gov.uk.

Essex County Council Personal Budgets Workshop

Since October 2008 Essex County Council (ECC) has given personal budgets to all new service users. The purpose of personal budgets is to give individuals more choice and control over their support arrangements, but not everyone wants to or is able to manage a cash payment. They are looking at ways to give more choice and control to people who choose to ask ECC to arrange services for them. One way of doing this may be to introduce a new management option called an 'Individual Service Fund' (ISF).

Essex County Council have now organised a one day workshop event to give information on personal budgets and help service users decide if they want a personal budget or a traditional service. The workshop is scheduled for 9th March and will be held in Chelmsford.

If you would like to attend please contact:

Joanna Wanmer, Community Engagement Co-ordinator, tel: 01245 437 868

Email: joanna.wanmer@essex.gov.uk

For more information on Personal Budgets *please see attached leaflet.*

National Association of LINKs Members

The national association has published comments on the Prime Minister's Commission on the Future of Nursing and Midwifery in England.
Please see attachment.

This is a collection of news items about mental health and wellbeing, compiled and disseminated by the Mental Health Foundation, Sea Containers House, 20 Upper Ground, London SE1 9QB.

Web: www.mentalhealth.org.uk Tel: 020 7803 1100

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News this week

To view the whole news story, please click on the title text

[Doctors urge caution over health cuts](#)

Mental health and older people's services are seen as a "soft" target for spending cuts, doctors claimed today
01/03/2010

[One in three admit to avoiding people with dementia](#)

Over half say they don't know how to help
01/03/2010

[Increase in people self-diagnosing bipolar disorder](#)

The willingness of high-profile bipolar disorder sufferers to talk about their condition has led to more people diagnosing themselves with the illness, researchers claimed today
01/03/2010

[Critical brain chemical shown to play role in severe depression](#)

TORONTO, March 1 /CNW/ - The next advance in treating major depression may relate to a group of brain chemicals that are involved in virtually all our brain activity
01/03/2010

[Experts unite to boost dementia research](#)

Leading voices from dementia research will meet for the first time today to drive up the volume, quality and impact of work in the field
24/02/2010

[Centre to tackle eating disorders](#)

The country's first residential centre dedicated to treating patients suffering from life-threatening eating disorders opened its doors today
23/02/2010

[One in 10 children will have mental problems:expert](#)

One in 10 young people will encounter mental health and psychological problems in childhood, an expert warned today
23/02/2010

**CALLING ALL SERVICE USERS
IN ALCOHOL OR DRUG TREATMENT
DO YOU WANT TO HELP DEVELOP
A RESEARCH PROJECT?**

**THE UNIVERSITY OF ESSEX PROJECT TEAM
WANTS TO HEAR YOUR EXPERIENCE OF
DRUG & ALCOHOL ISSUES**

**WITH THEIR HELP, YOUR INPUT COULD IMPROVE THE
WAY SUBSTANCE SERVICES ARE DESIGNED AND DELIVERED**

**THIS IS A REAL OPPORTUNITY TO GET INVOLVED IN
PLANNING THE SERVICES THAT EFFECT YOU!**

**WITH THE SUPPORT OF THE PROJECT TEAM,
YOU WILL COLLECT DATA AND
PUT A PROFESSIONAL REPORT TOGETHER.**

**THE PROJECT WILL NEED SOME DEDICATION FROM YOU
BUT, IF YOU ARE WILLING TO COME ALONG TO 10 MEETINGS
OVER 4 MONTHS—WE CAN COVER YOUR TRAVEL FROM
WITHIN COLCHESTER AREA AND GIVE YOU
SHOPPING VOUCHERS IN EXCHANGE FOR YOUR HELP**

**OUR FIRST MEETING WILL BE IN EARLY MARCH
FRIENDS MEETING HOUSE, CHURCH LANE,
COLCHESTER**

FOR MORE INFORMATION— PLEASE CALL

**EWAN SPEED—01206 872847
MARTIN HARRISON—01206 872854
KEITH BIGGAR—01206 544279**