

## Essex & Southend LINK

### Weekly e-bulletin

Issue 25

26th March

2010

### Save the Date!

A seminar will take place on the **19<sup>th</sup> April 2010, 13:00-15:00, St. Cedds Hall, Chapter House, Chelmsford, CM1 1TY**

Our speaker is *Jan Lockyer*, Dignity lead at Essex County Council.

Jan will be sharing information on how Essex County Council has responded to the dignity challenge

Join us for a light lunch and learn about Dignity at the same time.

This session will provide an opportunity for an interactive discussion on the topic.

*To reserve a place* please contact Charlene Gordon  
e: [Charlene.gordon@essexandsouthendlink.org.uk](mailto:Charlene.gordon@essexandsouthendlink.org.uk) t: 01245 490 733

This event is free and all are welcome

### **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.

***OPEN DAYS WIII TAKE PLACE ON***

10<sup>th</sup> March, 9.00am-4.00pm at 6 Nelson Street, Southend, Essex SS1 1EF

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

26<sup>th</sup> March, 9.00am-4.00pm at 1 Bond Street, Chelmsford, Essex CM1 1GD

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

1<sup>st</sup> April, 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](mailto:varsha.wright@essexandsouthendlink.org.uk)

### **Chelmsford Weekly News – more help for patients to die at home**

“MORE sick and dying people should be offered the choice of where they want to end their days, says a health trust. NHS Mid Essex wants half the people who die to do so at home, by offering better community care...” Click the link to read on

[http://www.chelmsfordweeklynews.co.uk/news/5069469.More\\_help\\_for\\_patients\\_to\\_die\\_at\\_home/](http://www.chelmsfordweeklynews.co.uk/news/5069469.More_help_for_patients_to_die_at_home/)

### **Summary Care Records**

The NHS is changing the way in which it stores and manages our health records. One of these changes is the introduction of Summary Care Records.

Have you received a letter telling you about your Summary Care Record? If so, we would like to hear from you. In particular, do you think the information presented was clear and comprehensive? Do you know how to “opt out” if you do not want an SCR created? If you would like to share your views about the SCR, please email Nileema Vaswani:  
[nileema.vaswani@essexandsouthendlink.org.uk](mailto:nileema.vaswani@essexandsouthendlink.org.uk)

Your responses will be collated and feedback sent to the Department of Health.

**National mental health conference – Post Traumatic Stress Disorder**  
**Volunteering Consultation from the department of health:**

The enclosed strategic vision for volunteering, developed following extensive consultation, set out to enhance the profile of volunteering; highlight its potential in terms of health, well-being and addressing health inequalities; and promote good practice across the health and social care system for further information please go click on the following link

['Volunteering: Involving people and communities in delivering and developing health and social care services'](#)

**World Mental Health Planning Day**

The first World Mental Health planning day meeting will now take now place on **Monday 26th April 2010 at 10.00** *this is due to the special Basildon Forum taking place on the original date of 29th March.*

Please contact Mark Dale, Chairman; Basildon Mental

Health forum 07727 924130 or 07531 281682 if you would like to attend.

These dates were previously circulated

MARCH	29 <sup>th</sup>	JULY	26 <sup>th</sup>
APRIL	26 <sup>th</sup>	AUG	23 <sup>rd</sup>
MAY	17 <sup>th</sup>	SEPT	27 <sup>th</sup>
JUNE	28 <sup>th</sup>		

In Essex, World Mental Health Day is a particularly important date and it's a valuable resource for us all to get together and create an event not to be missed.

If you need more information Gabriela Horecka's contact details are below and she will be pleased to discuss this with you.

Telephone: 01245 490 733

Email: [gabriela.horecka@essexandsouthendlink.org.uk](mailto:gabriela.horecka@essexandsouthendlink.org.uk)

### **Global Gala on 3 May 2010**

LINK is to have a stall at the Global Gala. If any member would like to help out at this **FUN** day please contact Gabriela Horecka – see contact details above.

The event itself will celebrate culture and the communities that live in Essex who create it. It will be a diverse event for people of all ages. In addition to the information tent there will be a main stage with performances of dance, music and storytelling; a workshop tent will have dance and music activities for people to have a go at; and there will be seven cultural tents – 2 x Indian, Chinese, Polish, Gypsy, Essex and African Caribbean, with food and cultural activities inside for people to enjoy. For more information about the Essex One World Festival see the attached link:

[www.oneworldfestival.org.uk](http://www.oneworldfestival.org.uk).