

## Essex & Southend LINK

### Weekly e-bulletin

Issue 27

9th April 2010

#### ESSEX AND SOUTHEND LINK PROJECT BOARDS

Members are invited to sit on the boards of LINK projects that cover the whole of Essex (rather than particular localities). This is YOUR chance to be part of some interesting work so do please come forward. Projects include:

- Youth Project
- Out of Area Project
- DNA Project
- East of England Social Care Forum
- Essex Neighbours and Emergency Planning
- Outreach and Events Project

More information will be available on the web site [www.essexandsouthendlink.org.uk](http://www.essexandsouthendlink.org.uk) or to discuss what is involved please contact **Ian Flack** on: 01245 490 733 or email: [ian.flack@essexandsouthendlink.org.uk](mailto:ian.flack@essexandsouthendlink.org.uk)

#### 4TH - 11TH APRIL IS MENTAL HEALTH ACTION WEEK

**Please pass this information on and help someone look after their mental health.**

Each year we use Mental Health Action Week to raise awareness of mental health. This year, we're encouraging you to look after your mental health. Mental health is about the way you think and feel and your ability to deal with ups and downs. There are lots of things you can do to look after your mental health. Many of them are simple changes and don't cost a fortune or take up loads of time. Anyone can follow our advice.

Here are 10 practical ways to look after your mental health:

1. [Talk about your feelings](#)
2. [Keep active](#)
3. [Eat well](#)
4. [Drink sensibly](#)
5. [Keep in touch](#)
6. [Ask for help](#)
7. [Take a break](#)
8. [Do something you are good at](#)
9. [Accept who you are](#)
10. [Care for others](#)

**time to change**  
let's end mental health discrimination

## LINK SOCIAL CARE SEMINAR SERIES 2010

The next social care seminar will take place on the **19<sup>th</sup> April 2010, 13:00-15:00**, at: **St. Cedds Hall, Chapter House, Chelmsford, CM1 1TY** (a light lunch will be provided)

*Jan Lockyer* (Dignity lead at Essex County Council) will speak about how the council is meeting the 'Dignity Challenge'. *This event is free and all are welcome.*

To reserve a place please contact Charlene Gordon tel: 01245 490 733 or email: [Charlene.gordon@essexandsouthendlink.org.uk](mailto:Charlene.gordon@essexandsouthendlink.org.uk)

## ALZHEIMER'S SOCIETY'S DEMENTIA CAMPAIGN

The Alzheimer's society has recently been running a media information campaign about dementia. The organisation produces lots of information not only about Alzheimer's disease but all the different sorts of dementia and memory loss. Many of the booklets and leaflets are free. Please see: [www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)



They have also produced a Lesbian and Gay Inclusion Toolkit (please see attachment).

## PATIENT AND PUBLIC INVOLVEMENT IN CANCER RESEARCH - PLEASE COMPLETE A SHORT SURVEY

The National Cancer Research Institute ([www.ncri.org.uk](http://www.ncri.org.uk)) and the National Cancer Research Network ([www.ncrn.org.uk](http://www.ncrn.org.uk)) would like to improve their understanding of patient and public involvement in cancer research by asking people to undertake a short survey.

**The survey is aimed at patients, relatives, carers and other members of the public affected by cancer, who are involved in cancer research in some way.** We would be grateful if you could complete this short survey **by the end of April 2010**, by following the link: <http://www.surveymonkey.com/s/involvementincancerresearch>

Please feel free to forward this information on to other groups/individuals as appropriate. We look forward to receiving your responses - National Cancer Research Network.

## VOLUNTARY SECTOR TRAINING

We have received the APRIL 2010 newsletter from this training organisation based in Great Dunmow. It is full of interesting courses for people involved in volunteering so do take a look at the attachment included.



## **ASK VERA (very easy read associates) COLCHESTER**



Do you have customers who are disabled or have a learning disability?  
Are some of your employees disabled? Not sure how best to support them?

There is to be an ABILITY NOT DISABILITY WORKSHOP (cost £35) in Colchester 9am – 1pm Thursday, 22 April 2010 Colbea Business Centre, see attached flyer for more information or tel: 01206 769 477 email: [Vicky@askvera.org](mailto:Vicky@askvera.org)

## **BRAINTREE COMMUNITY HOSPITAL OPEN DAY**

Please find attached an invitation to an Open Day at Braintree Community Hospital on 10<sup>th</sup> April 2010 2-5pm and the latest newsletter about the hospital. This is a chance to come and see the hospital before it opens.

## **DRUGS & ALCOHOL IN THE WORKPLACE TRAINING FOR EMPLOYERS**

[How can I deal with substance misuse in the workplace?](#)

Essex Young People's Drug and Alcohol Service and the Shaw Trust are holding a training event on Monday 19th April 2010. Our training course can help you:

- Find out more about the drugs most commonly used by adults and young people - know what to look for.
- Get a better understanding of the problems drugs can cause - you can find out how they affect people both in and out of the workplace.
- Find out about drugs and the law - What is legal?
- Find out about substance misuse (drugs and alcohol)

For more information please see the poster attached. If you wish to book a place on the course, please call Andrew Senter on: 01206 548959

## **ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)**

Following responses received to a consultation on the ESOL New Approach, Adult Community Learning Essex are holding a sharing event on the information collected so far.

Organisations are invited to send a maximum of two representatives to a meeting on **Tuesday 4 May 2010 4.00pm - 6.00pm** at ACL Essex Centre, Bishops Hill, Brentwood, CM13 1BD. Tea and coffee will be served.

If any member would like to attend this event on behalf of Essex and Southend LINK please contact Gabriela Horecka **by 22 April 2010** tel: 01245 490 733 or email: [Gabriela.horecka@essexandsouthendlink.org.uk](mailto:Gabriela.horecka@essexandsouthendlink.org.uk)