

## **Essex & Southend LINK**

### ***Weekly e-bulletin***

**Issue 29**

**2010**

**23<sup>rd</sup> April**

#### **Bowel Cancer Awareness**

April is Bowel Cancer Awareness Month.

The NHS Bowel Cancer Screening Programme freephone helpline telephone no. is 0800 707 60 60.

You can ring this number to request a screening kit if you are over 70.

<http://www.cancerscreening.nhs.uk/bowel/#who-eligible>

#### **Depression Awareness Week**

Depression Awareness Week is April 18th - 24th 2010.

This week is the 14th annual Depression Awareness Week.

All around the country people are joining together to raise awareness of depression and working towards ending the stigma associated with it. See the attachment for details of events that are taking place.

#### **April funding opportunities**

Please see the attachment "April Funding" for further details.

#### **Job opportunities with Out4Good Project – working with and for ex-offenders**

Please see the attachment to find out more about the Project

Leader and Project Worker roles.

### **National Survivor User Network**

The National Survivor User Network newsletter for spring 2010 is attached.

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

LINK is to have a stall at the Global Gala. We need members to help out at this **FUN** day - please contact Gabriela Horecka – tel: 01245 490733 or email: [gabriela.horecka@essexandsouthendlink.org.uk](mailto:gabriela.horecka@essexandsouthendlink.org.uk) even if you can only spare an hour or so.

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

### **Invitation to the Rest of Essex Members/Public Meeting – South Essex Partnership University NHS Foundation Trust (SEPT)**

SEPT is holding a public meeting on Wednesday 19<sup>th</sup> May at 6.30pm in Chelmsford. Please see the attached letter (with map) for more details. If you would like to attend please advise the Membership Office on freephone 0800 023 2059.

## **Long Term Conditions Development Day**

The Eastern Development Centre has organised a day to look at quality, innovation, productivity and prevention. The event takes place on Thursday 6<sup>th</sup> May 2010 between 10am and 4pm at Newmarket Racecourse. Please see the attached flyer for details on how to book a place.