

Become empowered to affect real change in health and social care!

Overview and Scrutiny Committees (OSCs) scrutinise the delivery of health and social care in a local authority area. They have the statutory power to bring publicly funded health and social care providers (e.g. Primary Care Trusts) and commissioners to account. The OSCs are made up of councillors and other nominated members such as representatives of local communities.

Overview and Scrutiny Committees are Open to the Public

Overview and Scrutiny Committees represent a platform for the public and local communities to become engaged in the process of making and monitoring change.

How can I get more information or get involved?

The Essex and Southend Local Involvement Network is looking for a “team” of 6 representatives to attend the following Essex County Council meetings:

- Community Wellbeing and Older People Policy & Scrutiny Committee
- Children Young People Policy & Scrutiny Committee
- Health Overview & Scrutiny Committee

For further details, please contact:

Wai Yeung - Policy & Research Coordinator on 020 84320012 (Mon & Tues), 01245 490733 (Wed to Fri) or email wai.yeung@essexandsouthendlink.org.uk

Happy Birthday ‘the’ pill

It is 50 years since the pill was first approved as a contraceptive, finally divorcing sex from pregnancy. But half a century on, our relationship with the tablet credited with revolutionising women's lives is not always an easy one. On 9 May, 1960, the American authorities announced they would allow a hormonal pill previously used for gynaecological complaints to be prescribed as contraception. Over the next decade, a string of other Western countries from Australia to the UK would follow suit.



<http://news.bbc.co.uk/1/hi/health/8667418.stm>

Parkinson's disease treatments associated with compulsive gambling

Pathological gambling, compulsive shopping, binge eating and other impulse control disorders appear to be more common among individuals taking dopamine agonist medications for Parkinson's disease, according to a report in the May issue of *Archives of Neurology*, one of the JAMA/Archives journals. These behaviours have been reported previously in patients with Parkinson's disease, according to background information in the article.



<http://esciencenews.com/articles/2010/05/10/parkinsons.disease.treatments.associated.with.compulsive.behaviors>

http://www.addictionsearch.com/treatment_articles/article/compulsive-gambling-addiction-and-treatment_17.html

Help us to improve major trauma services

Each year there are approximately 34,000 people in England with life-changing physical injury as a result of major trauma. At least 10,000 people every year experience long-term disabilities following a major trauma.

If you are a patient, family or carer who has experience of major trauma, then we want to hear from you. This is your opportunity to influence the improvement of major trauma services by sharing your experiences and suggestions with us. Visit the website, complete a short survey, or post your comments on the online forum.

www.majortrauma.net

On the website you'll find information about major trauma and the different stages of the major trauma pathway, from when the emergency call is made to when a patient leaves hospital and continues their rehabilitation in the community. We want to improve every step of the experience so that patients get a better service. Please give us your views – visit the website or get in touch on 020 7239 7806.

What is major trauma?

Major trauma can be defined as physical injury caused by events such as road traffic accidents, falls, explosions, shootings, or stabbings. It describes multiple injuries involving different tissues and organ systems that are, or could be, life-threatening or life-changing. Major trauma is different from general or emotional trauma: it does not include injuries like a broken arm or leg, or a fractured rib.

For more details please see the attached flyer.

Consultation: New Law on Adult Social Care

Social Care Institute for Excellence (SCIE) is holding a Consultation on the proposed new law on adult social care: on **27 May 2010** between **10.45 am – 3.30 pm**, at **Dexter House, No.2 Royal Mint Court, Tower Hill, London EC3N 4QN**

For more details please see the attached flyer.

Carer Awareness Seminar

For those who come into contact with informal carers on a regular basis, such as employees of health care trusts, voluntary organisations, care providers, community agents and local authorities.

Content will be relevant to the practitioner, support worker, and receptionist alike

This seminar, which is being delivered by Carers UK, will raise awareness of the informal carer, how to identify a carer, and signpost them to other sources of support.

When: 18th May 2010

Where: Colchester Centre, Acacia Avenue, Colchester, CO4 3TQ

For more details please see the attached flyer.

Thinking Fit

North Essex Partnership NHS Foundation Trust announces a new pilot study (Thinking Fit) aimed at delaying the onset of dementia in those at risk of developing the condition. For more details please see the attached flyer.

Essex County Council Carer's week 14 June – 20 June 2010

Carers are invited to drop in to any of the events between 10am and 4pm to look at the market stalls, pick up information and talk to the various stall holders about what is available in the area for carers - see also flyer attached

<http://www.essexcc.gov.uk/vip8/ecc/ECCWebsite/dis/guc.jsp?channelOid=119370&guideOid=120445&guideContentOid=149711>



Location	Date
Harlow Theatre	Wednesday 9 June 2010
Clacton Town Hall	Monday 14 June 2010
Basildon Centre	Tuesday 15 June 2010
Braintree Town Hall	Wednesday 16 June 2010
Rochford Freight House	Tuesday 22 June 2010



MULTICULTI Event Braintree

Multiculti is going to be the first event in Braintree district that will give all local groups/artists from different backgrounds a chance to gather together and share their culture with local people. The programme will include: arts, crafts, food and music from around the world.

Multiculti will take place in three different locations:

Witham: 3rd June 2010 (Thursday) 10.00am-2.00pm
at the Grove Shopping Centre: 4a The Grove Centre, Witham CM8 2YT.

Halstead: 4th June 2010 (Friday) 10.00am-2.00pm
at the Solar Supermarket, 2-13 Weavers Court, Halstead CO9 2JN.

Braintree: 5th June 2010 (Saturday) 9.00am-3.00pm
at The Great Square, Braintree High Street.

For more information please contact:

Anna Szwagiel,
Diversity Development Officer, Braintree District Council,
Tel: 01376 552525 ext 2322
Email: annsz@braintree.gov.uk



<http://www.braintree.gov.uk/Braintree/community/Equalities/MultiCulti.htm>

Changing the Profile of Volunteering Conference 1st June 2010

The National Network of Volunteer Involving Agencies (NNVIA) national conference will be held on the 1st June. The aims of the conference are to highlight the work of NNVIA in overcoming barriers to volunteering. For more information please see:

<http://www.csv.org.uk/nnviaconference2010>

National Survivor User Network

This mental health organisation produces LOADS of information including email bulletins – see document attached. If you would like to receive these then check out their web page and sign up: <http://www.nsun.org.uk/WebPage.aspx?Id=1>

Curry Night Fundraiser for World Mental Health Day

In edition 26 we advertised an event at *The New Tandoori Parlour, 61-63 Hart Road, Thundersley, Essex, £15 including food and DJ*. As bookings didn't quite reach the minimum numbers needed this event has had to be postponed so if you thought you had missed it you haven't! If you are interested in a great night out please contact: **Mark Dale on 07727924130 or email markdale101@hotmail.co.uk**