

## Essex & Southend LINK

### Weekly e-bulletin

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**Chelmsford's Disability Sports Launch Day 27 May 2010, 10.00am – 2.00pm, Chelmsford City Football Club:** Are you a disabled person who wants to get active but doesn't know where to start or a sports/activity provider who want to help get disabled people active? Please note that advanced booking is essential. [If you are interested please see the attached flyer.](#)

**South Essex Funding Fayre:** CAVS, RRAVS and BBWCVS are holding this free event on 4 June 2010, from 10.00am to 3.00pm at the Salvation Army Hadleigh Temple, 146 -148 London Road, Hadleigh Essex SS7 2PF. [For programme and booking details please see the attached poster.](#)

**'Lets work together', Wednesday 16 June 2010, 10.20am-3.30pm, Central Baptist Church, Victoria Road South, Chelmsford CM1 1LN:** North Essex Partnership NHS Foundation Trust in collaboration with 'Involving Essex' is offering a free workshop for service users, carers and staff from across the Trust area. For further details please see the attached flyer.

**Mind week 15-22 May 2010:** Mind's new workplace campaign Taking Care of Business coincides with new government statistics showing the biggest rise in antidepressant prescriptions ever, with a record 39.1 million

issued in 2009. Mind's new research found that over the course of their careers:

- Almost 50% of people had lost sleep due to work
- 22% had developed depression
- 1 in 5 said that work stress had made them physically ill
- 1 in four had cried at work due to unmanageable pressure
- On 38% of workers think their current employer is doing enough to support them

**Open up Conference – Challenging Discrimination Together, Monday 14 June in Birmingham:**

This conference is for people with experience of mental distress who are interested in speaking out against discrimination. [Further information attached.](#)

**Bringing carers and the community together:** The Carers Strategy team are holding five Carers 'Market Stall' events across Essex in June. Carers will be able to gain advice and information from representatives of organisations who offer support to carers. [Details are attached.](#)

**Service users/carers needed by the University of Essex:** Would you like to be involved in the education of health professionals so that they can learn from your experience as a service user/carer? An information event will take place on Friday 25 June 2010, 10am to 2pm at the Colchester Campus (Wivenhoe Park) [Further information is attached.](#)

**VitalLinks – Networking Events, Summer 2010, 24 June, 2010, 10.00am-4.00pm, London:** People working in befriending for older people share strong motivation and common goals, but often work in isolation. The VitalLinks network offers free face-to-face networking events focusing on the topics their members have said are priority issues:

Finding funding  
Recruiting volunteers  
Marketing your services

Who should attend? These events are primarily for befriending scheme co-ordinators, whether highly experienced practitioners or new to the role. [Please see attachments for further information, programme and booking form.](#)

**Castle Point Association of Voluntary Services (CAVS):**

CAVS is looking to set up Learning Disability Resource Steering Groups in the four areas of Essex to ensure adults with learning disabilities can achieve the choice and control over their services to lead independent lives. In order to deliver the required outcomes for this project they want to recruit a Partnership Support Officer. [If you are interested please see details attached.](#)

**SEPT Carers' Educational Talks on 'Dementia' and 'Depression and Anxiety':** 9<sup>th</sup> July 2010, Lecture Theatre, Hawthorn Centre, Rochford Hospital, Union Lane, Rochford, Essex, SS4 1RB: [Further information is attached.](#)

**More support for patients to plan end of life care:** New guidance on end of life care was issued this week to doctors by the General Medical Council. It says that patients must be given the opportunity in advance to discuss what treatment and care they want towards the end of life. For more information on the topic follow the links below:

[http://www.gmc-uk.org/guidance/news\\_consultation/7046.asp](http://www.gmc-uk.org/guidance/news_consultation/7046.asp)

[http://www.timesonline.co.uk/to/life\\_and\\_style/health/article7131358.ece](http://www.timesonline.co.uk/to/life_and_style/health/article7131358.ece)

The GMC has previously published guidance on how doctors should deal with patients:

[http://www.gmc-uk.org/guidance/good\\_medical\\_practice.asp](http://www.gmc-uk.org/guidance/good_medical_practice.asp)

**Future Jobs Fund:** Are you looking for work? Are you aged 18-24? Unemployed for over six months? **Please see the attached flyer.**

**NHS Mid Essex – Would you like an active role in public service?:** NHS Mid Essex is inviting people to join their Residents' Panel, or to apply to be a representative on one of their decision-making Boards. For further details please see attachment.