

Essex & Southend LINK

Weekly e-bulletin

Issue 34

28th May 2010

Website Forum page live!

The LINK now has a Forum page on the website which can be found under the 'contact us' menu bar or at the following link:

<http://www.essexandsouthendlink.org.uk/forum>

Anyone who is already registered on the site is able to use it.

REMINDER – AGM 16th June

Please don't forget to book your place at the AGM on Wednesday 16th June in the Maritime Suite at Cliffs Pavilion, Westcliff on Sea. RSVP to Sharon Cohen at Sharon.cohen@essexandsouthendlink.org.uk or by telephoning 01702 350477 or 01702 350479 (with answer phone).

Carers “market stall” events

Essex County Council & local PCT's are organising market stall type events in the county, for **Bringing Carers and the community together**. If you are a carer or you know someone who is, or work with carers, then join the event in your area. Detailed information is provided in the attached flyer.

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

New Mental Health Bulletin

There is a lot of news around mental health, alcohol, substance misuse and addiction issues out there. A LINK member - Mark Dale - has decided to get together a selection of stories and information from mental health websites and newsletters and produce a weekly Mental Health Bulletin.

If you have any information or something to share please email Mark at: markdale101@hotmail.co.uk. If you would like to be on the mailing list to receive the bulletin (and information on the work of the LINK Mental Health and Substance Misuse Group) please email: gabriela.horecka@essexandsouthendlink.org.uk

Part time job opportunity

The Colchester Catalyst Charity is looking for a Development Officer to work alongside the Charity Administrator. See the attachment for further details.

Stroke Improvement Programme

Attached is the eBulletin produced by the Stroke Improvement Programme and additional useful information about stroke care/services.

Growing Together plant sale

'Growing Together' is a charity that supports people with mental health problems and it is having a plant sale on Saturday 5th June in Westcliff-on-Sea. See the attached flyer for further details.

Telecare event in Colchester 1st July 2010

Expert academics from the University of Essex have teamed up with leading professionals to explore the potential opportunities and impact for *Telecare* in our society. The attachment gives more details about the guest speakers and how to register as places are limited.

Could heart drugs benefit people with COPD?

A new study has reported that drugs commonly used for high blood pressure and heart disease may also help people with a lung condition called COPD. Click the following link for more information:

<http://www.guardian.co.uk/lifeandstyle/besttreatments/2010/may/26/could-heart-drugs-benefit-people-with-copd>

Southend Volunteer Organisers Forum – 30th June

The Volunteer Organisers Forum is an opportunity for organisations and groups that involve volunteers to get together, network and learn from each other by raising issues and concerns. This invitation is extended to all voluntary and charitable organisations in Southend. Please see the attachment for further details and booking form.

Mid Essex Locality 'Change One Thing Campaign' Assistance Needed

On 15th June the mid Essex locality will be piloting their Change One Thing Campaign in Maldon High Street between 9-3pm and are looking for anyone interested in giving their time to be a part of this exciting event. Expenses and a day rate will be paid.

If you are interested and would like more information please contact Charlene.gordon@essexandsouthendlink.org.uk ASAP.

Would you like an active role in public service?

NHS Mid Essex is seeking to appoint volunteers of all ages and backgrounds to take part in planning local health services and to help involve local communities. See the attached flyer for further details.