

## Essex & Southend LINK

### Weekly e-bulletin

Issue 37

18<sup>th</sup> June

2010

### **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 represents 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](mailto:wai.yeung@essexandsouthendlink.org.uk)

## Your choice of GP practice consultation

A consultation was launched on the 4 March 2010 to seek people's views on a range of proposals that will enable patients to register with a GP practice of their choice. It is due to close on 2 July 2010. There is to be a consultation event on 25 June 2010 in Cambridge – see flyer for more details.



## Quality Accounts

All service providers are required by government to publish information on the services that they provide. They are also required to ask the public to comment on these reports which are known as Quality Accounts. We have been asked by Care UK who provide a number of services in Essex to comment on their Quality Account. If you would like to do this please see the attached report and send your comments directly to them.

## Service Users and Carers needed!



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?

The School of Health and Human Sciences is looking for service users/carers with an interest in becoming involved in the education of a range of health care professionals, including adult and mental health nurses, physiotherapists, speech and language therapists, occupational therapists and psychologists.

An information event will take place on Friday 25 June 2010, 10am to 2pm at the Colchester Campus (Wivenhoe Park) – see flyer for more details.

## **Men's Health Week (14 – 20 June)**

Male eating disorders are being highlighted by North Essex Partnership NHS Foundation Trust during Men's Health Week in an effort to encourage men to ask for help and not suffer in silence.

Eating disorders among men are on the rise, with recent NHS findings showing that as many as a quarter of people who suffer from eating disorders are male. Research suggests that males experience shame about suffering from what is viewed as a female condition and feel embarrassed to attend specialist treatment services. If you are affected contact your GP.

[http://www.samaritans.org/media\\_centre/emotional\\_health\\_news/rise-male-eating-disorders-024.aspx](http://www.samaritans.org/media_centre/emotional_health_news/rise-male-eating-disorders-024.aspx)

## **MIND taking Care of Business**

Mind has compelling new evidence that the recession has had a devastating effect on the wellbeing of British workers. The charity has found that since the recession **1 in 10** workers have sought support from their doctors and **7%** have started taking antidepressants for stress and mental health problems directly caused by the pressures of recession on their workplace.

### **Mind's Populus poll of 2050 workers found that as a direct result of recession:**

- 1 in 10 had visited their GP for support
- 7% had started a course of medical treatment for depression
- 5% had seen a counsellor
- Half said staff morale was low
- 28% were working longer hours
- A third said staff were having to compete against each other.

The recession may have exacerbated mental distress in the workplace but badly managed stress and workplace mental health

problems are a long-standing issue in our workforce. Previous research has shown that every year, **1 in 6** people of working age experience a mental health problem and that **5 million** people rate themselves as very or extremely stressed by their jobs.

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 4 had cried at work due to unmanageable pressure
- Only 38% of workers think their current employer is doing enough to support them.

Over the next five years Mind's Taking Care of Business campaign aims to improve working environments

<http://www.mind.org.uk/employment>

### **Anatomy of a mental illness - BBC Radio 4 interview event**

In April, Angela - one of our Tendring governors - gave a fascinating interview on Radio 4 describing her breakdown. On Tuesday June 29 at 10am, you have the opportunity to listen to the programme and talk to Angela about her story. We'll be playing the interview and Angela will answer any questions you have. The meeting is at Trust Headquarters in Stapleford Close, Chelmsford.

Please RSVP Mike Waddington if you'd like to attend:

[Mike.Waddington@nepft.nhs.uk](mailto:Mike.Waddington@nepft.nhs.uk) Tel: 01245 546481

### **Call for Enter & View reps for Mid and North East Essex**

If you are interested in becoming an Enter & View Representative and you live in either mid Essex or north east Essex, please contact Julie Harkus on 01245 490733 or

[Julie.harkus@essexandsouthendlink.org.uk](mailto:Julie.harkus@essexandsouthendlink.org.uk) for more details.

### **Diverse Cultures 3<sup>rd</sup> July 2010**

People often say they have never heard of LINK! Well to promote LINK people are needed to attend meetings and take part in

events. The next event we are attending is the Diverse Cultures Festival on 3<sup>rd</sup> July 2010, 12-5pm, Lower Castle Park, Colchester. **If you would like to volunteer for this event** please contact Gabriela Horecka at: [gabriela.horecka@essexandsouthendlink.org.uk](mailto:gabriela.horecka@essexandsouthendlink.org.uk) – it should be a great day out – see attached flyer for more details.

### **LINK Alcohol Group**

The first meeting of the LINK Alcohol Group will take place on 5<sup>th</sup> July 2010 at 10am in Chelmsford (venue to be confirmed). If you want to be part of this group or are concerned about alcohol issues or want to find out more please contact Gabriela Horecka at: [gabriela.horecka@essexandsouthendlink.org.uk](mailto:gabriela.horecka@essexandsouthendlink.org.uk)



### **Funding**

Please see attached GRANTfinder newsflash 6 and Funding Insight plus more information is available on: [www.trustfunding.org.uk](http://www.trustfunding.org.uk)

### **Job Vacancy**

The Tending Office of the Alzheimer's Society would like to appoint a Leisure and Well-Being Worker for 15 hours pw salary: £15,696 p.a. (actual £6,727 p.a.) – see flyer for more details.