



Your voice on local health and social care

Newsletter

Bracknell Forest

Spring 2010

Can you hear me mother...

If you are old enough to recognise this phrase from a radio programme then you are probably old enough to have some loss of hearing like so many people.

A high proportion of older people do have problems with making out what people are saying. The problem is exacerbated in noisy surroundings and when the speaker mumbles or speaks with a strong regional or foreign accent. Interestingly it is not just a matter of amplifying the signal, because the noise is amplified at the same time and the result is just as confusing.

Cheap amplifiers (£20) are useless – I know, I bought one with a built in microphone, and was deafened by the noise when it touched my hand or rubbed against my jacket. One should have a proper hearing test by a qualified audiologist who will prescribe a hearing aid which fits discretely in or behind your ear: it will have inside a digital circuit which can be customised to compensate to a worth while degree, for the particular defects of your ear(s): However, you cannot expect to recover the hearing that you had in your youth.

The Bracknell Forest LINKs is particularly concerned with the difficulty deaf people or those with impaired hearing have in understanding NHS staff or in making themselves understood to NHS staff. A not uncommon problem that has been reported to us is that of the difficulty of making appointments to see a GP using the telephone. Other people have reported missing their name being called when attending a clinic appointment.

The project team are currently busy gathering views from the deaf or hard of hearing people of Bracknell Forest on how they manage accessing their doctor, especially around communications.

If you would like to find out more about this project, please contact Emma Austin, Bracknell Forest LINK Development Officer on;

T. 0118 936 0090

E. Emma.austin@makesachange.org.uk

Written by
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Bracknell Forest LINK Steering Group Member

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What is LINKs?

Local Involvement Networks (LINKs) give you the opportunity to influence your local health and social care services.

Anyone can get involved and it has been set up to make sure that people in your area get the health and social care services they need.

We want to hear about your experiences of health and social care and your ideas for improvement or changes.

Community News

The Look In Community Café is to stay Open!

The 'Look in' is to remain open under the new name of 'The Look In Community Café'. It will be an independent organisation that is funded independently as a not for profit company. The organisation will be overseen by a board of volunteers as well as being assisted by a user group.

The café will continue to be an over 50's drop in service in the day with plans to possibly open it up for the use of various clubs in the evening. The closure of the Look In will happen on 1st April for just under a week, with it reopening on the 6th April.

The café will be continued to be managed by current manager Stewart. An advert will be placed for an assistant manager, the rest of the running of the café will be done by the help of volunteers.

If you are interested in Volunteering please contact Terry Pearce on 01344 641858 or email him at pearcefulham@aol.com



New radio station launch
on the 8th - 11th April

Like Hugs? Love Hug Fm
87.7fm

Do you need a speaker at your next meeting?

We are always looking for ways to promote LINKs, so if you'd like a speaker or information stand at your next event please contact us. Host staff and Steering Group members regularly meet with other organisations to share information. We bring LINK freebies so please get in touch if you'd like us to come along to your next meeting

Local Exchange Trading System (LETS)

Local Exchange Trading Systems (LETS) are local community-based mutual aid networks in which people exchange all kinds of goods and services with one another, without the need for money.

Behind our front doors is a wealth of skills and expertise, which are frequently untapped. LETS is a great way of helping other whilst receiving help in return.

How does it work?

Members advertise their goods & services in a directory. They trade with each other, at the end of each transaction a LETS cheque is written which is passed on to the group accountant who adds or subtracts from your account. The group sets its own rate of exchange; in Bracknell the rate is 20 BRICKS an hour as everyone's time is equally appreciated. Think of LETS credits as 'favours' rather than money.

If you would like to find out more about LETS. The Bracknell Forest LETS meet at Newbold School, Binfield on the first Wednesday of each month from 7.30, or you can visit www.letslinkuk.net

Get Involved

Fairer Contributions Consultation

The Department of Health has recently produced new guidance for Councils on how they should calculate a person's contribution towards the cost of their non-residential adult social care support and services.

There is a new system for calculating people's contribution to the cost of their adult social care services. Bracknell Forest Council are required by Government to put this new system into action. This will mean a change in the way people's contributions are worked out.

The Council would like to hear the views of people about the changes they have proposed. They are seeking your views.

Visit: <http://www.bracknell-forest.gov.uk/living/liv-community-care/liv-fairer-contributions-consultation.htm>, for the consultation document or contact 01344 352000.

The closing date for the consultation is Friday 26th March at 5pm.

How to raise awareness of your local group

Register on the LINKs website as an organisation and you will be listed in our health and social care directory that gives you your own webpage!

You can add news, events and photos, as well as having your own discussion board.

Visit: www.makesachange.org.uk to register and start promoting your services to local people.

Become a LINK Ambassador

To make the LINK a success, it needs help from its members. LINK ambassadors will help to reach more people and represent the LINK in different groups and meetings in the town where health or social care issues are talked about. A LINK Ambassador might:



- Talk to people and groups about the LINK and what it does and how people get involved.
- Promote the LINK at events
- Help the LINK to publicise its achievements and opportunities
- Sit on forums that make decisions about health and social care services and represent the LINK at the health and well - being

Overview and Scrutiny Committee meetings

- Help the "Host" team to plan and carry out LINK activities

A LINK Ambassador can do as much or as little as they can or would like to do and opportunities can be flexible to fit around individual circumstances. A LINK Ambassador will also be offered training and support to get involved.

Contact us to find out more. T. 0300 111 0102

E. emma.austin@makesachange.org.uk

Bracknell Forest



Calling all volunteers

Whether you can offer some of your time to making sure that local people are represented and their views considered or if you like communicating with the wider community, planning work and allocating resources, supporting people/groups, producing reports or you can just share your experience of health or social care services, your LINK would like to hear from you.

For a informal chat, contact Emma Austin, Bracknell Forest LINK Development Officer on 0118 936 0090 or email emma.austin@makesachange.org.uk

Are you a Service User of Downside Resource Centre?

With the current consultation about the future of Downside Resource Centre, the Bracknell Forest LINK would like to hear your views on the service.

We want to know why Downside Resource Centre is important to the community? Have your voice heard, contact the Bracknell Forest LINK

T: 0118 936 0090

E: emma.austin@makesachange.org.uk

Find out what Bracknell Forest LINK has been doing...

- Bracknell Forest has been looking at services available to the homeless in Bracknell Forest area. They are trying to identify a process that makes access easier for those people that are homeless. Research will be undertaken to identify current services available to the homeless and to identify gaps in services as well as looking at other boroughs to identify good practice.
- With the launch of Hug FM, a community radio station developed and run by the young people of Bracknell Forest. The Bracknell Forest LINK have decided to become one of the sponsors. The radio station will run from the 8th - 11th April and will be on 87.7 FM.
- In the pipeline... we will be shortly investigating Consultation around the use of day services

If you would like to make a comment about any issue, or would like to be involved with any of the work in a "hands on" manner (e.g. becoming part of a working group), please contact Emma Austin, Bracknell Forest LINK Development Officer.

T. 0300 111 0102

E: emma.austin@makesachange.org.uk

BFVA have moved...

BFVA have now moved to new premises. They can now be located at;

Ground Floor,
Amber House,
Market Street
RG12 1JB



Summary Care Records

The NHS is changing the way your health information is stored and managed.

The NHS summary care record is being introduced to help deliver better, safer care. Your summary care record is an electronic record of important information about your health. It will be available to health-care staff providing your NHS care, which means if you have an accident or become ill, the clinicians treating you will have immediate access to important information about you.

The NHS will assume that you are happy to have a summary care record and the process of creating a record for you will begin. However, you do not have to be part of this new system if you do not want to be. If you do not want a summary care record to be created for you, please notify NHS Direct on 0845 4647 rather than your GP Practice.



60 Seconds

with..

Linda Webdell

Why did you get involved with LINKs?

I wanted to be part of a group that had a voice that would be heard.

What does being on the Steering Group involve?

Attending monthly meetings and sub group meetings if you have decided to become involved in a sub group, which most of us have. So probably 2 meetings a month max

How do you envisage the future for Bracknell Forest LINK?

Growing bigger and better as it achieves its aims and objectives representing our community

What has been your contribution to the Bracknell Forest LINK?

Probably not as much as I would like, but I hope my current project on homeless people in the borough will help to change things for them

What do you like about Bracknell Forest?

I have lived here nearly all my life and although the town has grown from a village to the large town it is now it has retained its sense of community. On a practical level it is central to so many things i.e. London, motorways, the coast

Tell us a fact about yourself?

I love a challenge, especially when it means achieving things that people don't believe you can do. I raised over £450K for charity in two years – it felt great

Contact Us



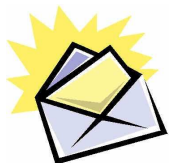
Telephone: 0300 111 0102

Calls to 03 numbers are charged at no more than UK geographic rates (as for 01 and 02 numbers) and will be included as part of any inclusive minutes. Calls from mobiles may be higher.



Email: berkshirelink@makesachange.org.uk

www.makesachange.org.uk



**Address: Freepost RSAC KULA LBTX, Suite 3 , First Floor, 26-28
Market Place, Wokingham, RG40 1AP**

Registration of interest in the Bracknell Forest LINK

Your name & organisation (if applicable):

Address: _____

Phone no: _____

Email: _____

If you have e-mail, please tick this box to confirm
you are happy to be contacted by this method

Signature:

Data Protection

Help and Care is a host organisation for LINKs. We will process the personal information you give us for administrative and statistical purposes. We will not disclose personal information about you to any other person or organisation without your permission.