



Your voice on local health and social care

Newsletter

Bracknell Forest LINK

December 2009

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This is our second Newsletter, I do hope you enjoyed our first one; I would like to introduce myself. I am Terry Pearce, Vice Chairman of LINKs and am an elected member of the Steering Group.



Terry Pearce

I am committed to trying to improve social care and health provision in the Bracknell Forest area. Like other members of the Steering Group I am active in a number of local community groups. I am currently Chair of both the local Senior Citizens Forum and Bracknell Forest University of the Third Age; I am also involved with Age Concern. I am Chairman of Bracknell branch of the trade union UNITE which has many members working in the NHS.

I believe that members of our local community should have a loud voice in determining the direction of policy regarding our health and social care, as an elected member of LINKs I want to represent these views. With many changes taking place in the provision of social care and healthcare it is vital that there is local democratic accountability over decisions taken in our name. Often decisions made seem remote and distant I think LINKs should be a sort of watchdog for local residents ensuring our concerns are taken into account when big decisions are made. Who better to be involved in decision making than the very people that have to use the services. This Newsletter is part of this process; we would welcome your comments and opinions as we want to be your voice in the Bracknell Forest area.

A United Front

HELPTHEAGED WE WILL



Campaigners on older people's issues will be speaking with one voice following the merger of Age Concern and Help the Aged. The newly merged charity was officially launched in April, together with a new report "one voice" which outlines the joint charity's campaign priorities.

The need for concerted action has never been greater. One in four older people say their quality of life has deteriorated over the past 12 months, an increase 4% on last year's figure. By combining efforts, sharing expertise and presenting a united front, Age Concern England and Help the Aged will be in position to raise issues, influence government and improve the quality of life for all older people.

To contact Age Concern Bracknell either call 01344 428074 or email info@ageconcernbracknell.org.uk

Bracknell Forest LINKs Public Meeting - Changes to Social Care in Bracknell Forest.

This meeting held on Wednesday 25th November which was attended by over 20 members of the public heard presentations on the pilot scheme dealing with Changes to Social Care and an update on the proposed new Healthspace. Below are some of the issues raised at the meeting.

The pilot scheme is due to end in January and will be rolled out from April/May 2010. In the workshop following the presentation it became clear that many people have worries and concerns regarding the proposed changes. Three questions were posed, they were as follows.

How do you think vulnerable people will cope with changes?

Responses included fears that vulnerable people will have trouble coping with changes, how will they cope with self assessments, changes to routine cause stress and increase anxiety, how will Council manage agencies and is there any extra money for all this ? Others raised the question of vulnerable people having to cope with employing an agency.

What Safeguards do you think should be implemented for those people who have trouble communicating?

Among points raised, fears of people who cannot manage being taken advantage of, bullying, agencies are businesses which are there to make a profit, can people go back to the Council, accountability of agencies, people with dementia who forget things. Also fears about the competence of agencies and dangers of financial and physical abuse.

Will these changes give people a greater quality of life?

Does having a choice improve quality of life was a question posed, people with learning difficulties may benefit from these changes, questions of Health and Safety were raised.

Other questions raised.

Will the Council have the resources to implement these proposals, carers having to deal with insurance stamps and holiday pay, etc, costs of CRB checks, possible confusion which the new system could cause for the mentally vulnerable.

There was a presentation by Madeline Diver on the proposed new Healthspace followed by questions.

The meeting was a success in that it gave an opportunity for people to learn more regarding both the changes to Social Care and an update on the proposed Healthspace.

A full report of this meeting will be circulated to the wider LINKs, if you have any further questions please send them to us and we will seek to find answers.

Seasonal Flu Vaccine Keep Warm and Well this Winter

Seasonal flu jabs are available to everyone aged over 65 and to 'high risk' health group.

Seasonal flu is a highly infectious illness caused by a virus. The jab changes to ensure maximum protection, so it is important that those at risk ensure they receive the jab annually to protect themselves.

Here are other some suggestions for keeping warm and well this winter:

- Make sure your heating system is working effectively
- When going outside wrap up warm
- Keep active
- Eat sensibly

For more information, guidance and help with keeping well and warm this winter visit:

- The Warm Front Scheme – tel. 0800 072 9006
- Winter Fuel Payments – tel. 08459 15 15 15
- www.nhs.uk/livewell/winterhealth



Bracknell Forest LINK Projects

The Bracknell Forest LINK Steering Group are working on the following projects;

- Deaf or hard of hearing accessing GP appointments
- Out of hours services for the homeless
- Provision of care by external agencies

If you have an interest in any of the above projects and would like to be involved, please contact Emma Austin on 0118 936 0094 or email her at emma.austin@makesachange.org.uk

Contacting Bracknell Forest LINK

Phone: 0118 936 0094

0300 111 0102

Email: emma.austin@makesachange.org.uk

Post: Berkshire LINKs

Freepost RSAC KULA LBTX

Suite 3 , First Floor, 26-28 Market Place

Wokingham, RG40 1AP

Dates for your diary

What's on and happening soon.....

- 11th Dec 2009 - Carers UK Lunch, Easthampstead Baptist Church, 11 - 2.00pm
- 18th Dec 2009 - Project Management Training, Earley Crescent Resource Centre, RG6 4HB, 10.30 - 17.00
- 19th Jan 2010 - Bracknell Forest LINK Steering Group Meeting, Easthampstead Baptist Church, 8.30 - 10.30
- 18th Feb 2010 - Bracknell Forest LINK Steering Group Meeting, Easthampstead Baptist Church, 8.30 - 10.30

60 Seconds

with..

Margaret Camp,
LINK Steering
Group Member



What does being on the Steering Group involved?

Working with a group of like minded people to look into concerns and issues the wider LINKs members have raised about the NHS or Social Care.

What is the best part of being on the Steering Group?

Trying to resolve the issues and concerns brought to the Steering Group

Why did you get involved with LINKs?

I wanted to let the people of Bracknell Forest know that there was a group of people who would look into issues and concerns they had with the NHS and Social Care and report back to them on the findings the Steering Group had made regarding those

What do you like about Bracknell Forest?

It's proximity to London, good rail and motorway links, a good Arts Centre and being surrounded by lots of lovely open spaces for walking, cycling and just generally enjoying.

If you could change one thing about Bracknell Forest, what would it be?

To push the council into doing something about Bracknell Town Centre, we have been waiting for such a long time to have a centre that you can enjoy shopping in with a wide range of shops rather than one you only use when you have to go into the bank.

Tell us a fact about yourself?

I am a grandmother with five lovely grandchildren who I adore and love spending time with

Who do you most admire and why?

My grandmother, she brought up nine children during the First World War on a very small wage in a three bedroom house with no mod cons and still found time to help her friends and neighbours

If you were stranded on a beach, what 5 items would you take?

My i-pod, a Sudoku puzzle book, a pen, the latest Sebastian Faulks novel and a sun hat.

What was the last book you read?

"The Outcast" by Sadie Jones

'Is there New Hope for NEW HOPE ?'

In October Emma Austin, Bracknell Forest LINK Development Officer, went to talk to clients at New Hope, a multi-agency substance misuse centre in Bracknell Forest providing a range of substance misuse services under one roof. Whilst there Emma asked what health and social care issues they are currently facing in their community.

One of the main issues raised by the New Hope's clients was the lack of out of hour's services in Bracknell Forest for current and ex-substance misusers.

Emma spoke with Jillian Hunt, Bracknell Forest Council's drug and alcohol team coordinator, and told her what people had said. Emma can report that 'New Hope is going to be extended into the unit next door in January. There are also going to be three new providers. SMART (a drugs & alcohol service focusing on drug use related to offending & associated health and social problems) will continue work alongside these new services.

Jillian was unable to confirm what new services would be delivered but she did say 'Out of Hours Services and Weekend services were being discussed by the new providers'.

The Bracknell Forest LINK will continue to monitor this issue and we will keep you informed of any new developments.

New Hope

Bracknell

RG12 1AR

92 Broadway

Tel: 01344 312 360

Interesting fact

The average adult has 100 billion brain cells. We lose 85,000 of these every day!

To keep your mind young

Answer to last edition Sudoku

3	2		8				4	1
7	5		6		4	9		
		4			5			7
1						4	3	
4			9		1			6
	9	7						8
5			3			8		
		3	1		2		9	4
2	4				8		1	5

6	7	8	3	4	2	9	5	1
3	2	9	1	8	5	7	6	4
4	5	1	7	6	9	8	2	3
5	1	6	4	7	3	2	8	9
8	3	7	9	2	6	4	1	5
9	4	2	8	5	1	6	3	7
7	6	5	2	1	4	3	9	8
2	9	4	5	3	8	1	7	6
1	8	3	6	9	7	5	4	2

For answer to the brainteaser and Sudoku, please visit www.makesachange.org.uk or see the next newsletter.

Bracknell Forest LINK sign up form

If you have found this newsletter information and would like to know more about Bracknell Forest LINK, please fill out the slip below and send to the following address

Freepost: RSAC-KULA-LBTX

Suite 3, First Floor. 26-28 Market Place, Wokingham, RG40 1AP

Name:

Address:

Postcode:

Telephone:

Email: