

Get involved! Help improve health and social care services in Reading.

**Reading LINK e-bulletin 15
June 2010**

- **Reading LINK Reference Group Event – 14th July – 10am-1pm Greyfriars Centre Hall, followed by a free lunch**
- **Reading LINK Community Survey – Next Public drop-in session – Broad Street Mall – 24th June 9.30-5pm**
- **NHS Berkshire West Diabetes Event 1 July 2010 in Wokingham Town Hall**
- **NHS Berkshire West seeking Patient Representative to sit on the Major Trauma Commissioning Group**
- **NHS Berkshire West – Free NHS Health Checks for 40-74 year olds**
- **NHS Berkshire West Expert Patient Programme (EPP) Course - August 2010.**
- **Find out more about Reading LINK**

Reading LINK Reference Group Event – 14th July 2010 – 10am-1pm Greyfriars Centre Hall, followed by a free lunch

Interested to Involved – Helping you jump the hurdle!

Reading LINK now want to get more people actively involved in LINK activities, to be part of the continued success. We would like to invite you to come along to our Reference Group Event on 14th July to find out more about the importance of patient and public involvement and how this makes a difference, but more importantly, how we can support and help you to become more involved in your LINKS activities. The event will comprise of short presentations led by Dave Shields, SE Links Lead from Department of Health, followed by round table discussions, focused on the potential areas of involvement. The event will aim to identify what support is required to help people become more involved and will be followed by a light lunch. If you have not already booked your place and would like to attend please book by 7th July by e-mail to info@readinglink.org.uk or by calling the LINK Office on 0118 958 4849.

Reading LINK Community Survey – Next Public drop-in session – Broad Street Mall – 24th June 9.30-5pm

Come along and give your views about local health and social care services by completing our survey form.

NHS Berkshire West Diabetes Event 1 July 2010 in Wokingham Town Hall

NHS Berkshire West invite you to a Diabetes Event on 1 July 2010 at Wokingham Town Hall, Market Place, Wokingham RG40 1AS between 10.00am-1.00pm. Dr Buckle will be introducing a morning of debate and discussion for people with diabetes, their families, carers and anyone interested in shaping diabetic services. Dr Sallie Bacon, Head of Public Health, will be talking about Diabetic Eye Screening. Avril SurrIDGE, a patient with diabetes, will be discussing the role Care Plans play in managing this condition. There will be group exercises to explore these topics in more detail. There is tea and coffee throughout the morning. A sandwich lunch will be served at 1.00pm. If you are unable to make this meeting, you can get updates about this and future meetings via the website at: www.berkshirwest-pct.nhs.uk. Please RSVP by telephone or email by Thursday 24 June. If you are not already a member of the Diabetes Network, a sub-group of the PCT Health Network, and would

like to join, please contact NHS Berkshire West or fill in the online form at www.berkshirewest-pct.nhs.uk/health-network-form.asp. If you would like more information you can email healthnetwork@berkshire.nhs.uk or call on 0118 982 2916/2709.

NHS Berkshire West seeking Patient Representative to sit on the Major Trauma Commissioning Group

The Role purpose -To contribute a patient and public perspective to the development of a Major Trauma System in South Central; to work with others to gather views of patients and the public regarding Major Trauma Care and to ensure that local decision-making takes account of the needs of both patients and the public.

Role Responsibilities - To sit on the Major Trauma Commissioning Group, representing patient and public views; to participate in reviewing options of the Major Trauma System; to liaise with NHS South Central's patient and public engagement team where appropriate; to network with other User Representatives to share knowledge where appropriate; to keep themselves informed of developments in Major Trauma Care and to respect confidentiality.

The Experience, Skills and Knowledge required - Resident of NHS South Central; Commitment to representing the needs of patients and the public; reasonable understanding of the NHS, particularly in Major Trauma Care and an understanding about the conflicts around balancing the needs of individuals with those of the wider population

The Commitment - Attendance at one hour Major Trauma Commissioning Group monthly meetings in Newbury until March 2011 and additional work outside of meetings to include reviewing papers and supporting engagement / consultation work. This is estimated to be one hour a week on average.

Travel expenses will be paid. Closing date: 30 June 2010. If you are interested please e-mail Cath.Price@berkshire.nhs.uk or call on 0118 982 2962.

NHS Berkshire West – Free NHS Health Checks for 40-74 year olds

Even if you feeling well, it's worth having your NHS Health Check. You can have a free health check if you are between 40 and 74 years old and are NOT already having treatment for heart disease, diabetes, stroke or kidney disease. You can get these checks with your doctor or they are being offered in your local community. NHS Berkshire West would like your views on the best places and times to provide them in the community – If you have any suggestions – please provide feedback by visiting www.berkshirewest-pct.nhs.uk

NHS Berkshire West Expert Patient Programme (EPP) Course - August 2010.

The EPP course is a free six week self management course for anyone with a long term condition. The course is run by specially trained lay tutors who have a long term condition themselves, so understand the day to day challenges living with a long term condition can bring. The course covers topics such as:

- Communicating effectively with health professionals, family and friends
- Managing your illness and symptoms
- Relaxation and exercise
- Dealing with pain, fatigue, fear and frustration
- Understanding the importance of healthy eating
- Learning how to get the most out of your life
- Planning for the future

It is suitable for anyone over 18 with any long term health condition. Each session lasts for 2.5 hours and runs for six consecutive weeks. If you would like to attend you need to book, as places are limited to 15. To book or find more information by contacting Karen Redford at e:karen.redford@berkshire.nhs.uk or on [0118 982 2916](tel:01189822916).

_This course will be run in Woolhampton (just outside of Reading), help with transport maybe available.

Find out more about Reading LINK

Visit our website by clicking here: <http://readinglink.org.uk/>

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