

Reading LINK e-bulletin 29 September 2011

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- **Change of Address - Reading LINK**

We have moved! Our new location is at Reading Voluntary Action, 8 Cross Street, Reading, RG1 1SN, and our telephone number is 0118 902 3912. We also welcome Mandeep Sira who has joined us as the new Involvement Manager. Her post replaces the LINK Coordinator position, and has three core areas:

- Existing duties of LINK Coordinator
- Manage the transition from LINK to HealthWatch
- Promote the whole Involvement agenda, primarily to get more people involved in LINK but using a process that could be replicated in other areas.

- **Reading LINK want to get the community involved**

As result of feedback collected in the LINK community survey last year, Reading LINK have agreed to focus work on areas where people had concerns around services, primarily Mental Health services and Social Care Services. LINK want to explore people's experiences of access to these services and 'customer care' - how people are treated when receiving care.

For social care services: LINK would like to hear from people who have experience of:

- Personal Budgets
- Personal Care and Support (i.e.. help with washing and dressing)
- Non Personal Care (i.e. help with shopping, cleaning, gardening)
- Carers
- Preventative services and Rehabilitation

If you (or your group) would like to feed into these focus areas, please contact Sheena Masoero on 0118 902 3912 or via e-mail at sheena.masoero@rva.org.uk

For mental health services: LINK would like to hear from people who have experience of :

- Older people's mental health services
- Dementia services
- Child & Adolescent mental health services
- Talking Therapies service

If you (or your group) would like to feed into these focus areas, please contact Merlyn Barrett on 0118 902 3912 or e-mail merlyn.barrett@rva.org.uk

Talking to groups and individuals within the local community will help us to identify the specific issues that concern and affect you. We will look to see what suggestions could be made to improve these services for everyone.

- Feel Good Friday Event: 23rd Sept 4pm to 9pm**
 A fun filled event for raising awareness & breaking down stigma to improve health & emotional wellbeing. Free healthy Caribbean cookery lesson; free Zumba class; free neck & shoulder massage; free Sleep & Insomnia Workshop, and lots of other fun things to try at: The MAPP Centre, 22 Mount Pleasant, READING, RG1 2TD. No need to book and only 5 minutes walk from the Oracle. For further Information contact: Sharon Titus on: 0118 9168410 E-mail: Sharon@mapppartnership.org.uk
- JSNA engagement - online consultations**
 The Joint Strategic Needs Assessment (JSNA) identifies the health and social care needs of the local population now and in the future. PCT are asking for people's views on the following modules of the JSNA: To participate in these consultations, please click on the links beside the modules below:

 - Consultation on Local Trauma Services – feedback and comments by Friday 30th September <https://haveyoursay.berkshirewest-pct.nhs.uk/consult.ti/Safeandsustainable/consultationHome>, or write to the Communication and Engagement Team, Freepost RRLX-SZAY-LTKX, Safe and Sustainable services engagement, NHS Berkshire , 57-59 Bath Road, Reading, RG30 2BA or email ppi.team@berkshire.nhs.uk .
 - Young children and young people <https://haveyoursay.berkshirewest-pct.nhs.uk/consult.ti/JSNAchildrenandyoungpeople/consultationHome>
 - Sexual health <https://haveyoursay.berkshirewest-pct.nhs.uk/consult.ti/JSNAsexualhealth/consultationHome>
 - Tuberculosis <https://haveyoursay.berkshirewest-pct.nhs.uk/consult.ti/JSNATB/consultationHome>
 If you have any questions, please contact: The Engagement Team, NHS Berkshire West, 57 - 59 Bath Road, Reading, RG30 2BA Tel:0118 982 2916, E mail: ppi.team@berkshire.nhs.uk
- Long Term Conditions – Joint Commissioning Strategy – Consultation Results**
 During the period January to April 2010 with the support of the Physical Disabilities and Sensory Needs Network, Reading Borough Council (RBC) undertook a comprehensive consultation and engagement programme seeking the views and experiences of service users and patients with long term conditions, physical disabilities and/or sensory impairments as well as carers, residents and key stakeholders. RBC invited everyone to comment on their proposals. This included people with long-term conditions including HIV/AIDS, neurological conditions, physical disabilities and sensory impairments. Comments were welcomed from service users, patients, their carers, volunteers and professionals involved in their care as well as local councillors and MPs.
 To read the consultation report, please click here:
<http://www.reading.gov.uk/General.asp?id=SX14AB-A7855738>
- Let's Talk Events in your area – Sept and Oct –free refreshments**
 Reading is a great place to live, with a local economy, which is well placed to ride out the current economic downturn. So in tough economic times, it's more important than ever to listen to your views about how the Council should spend your money. The Council has already launched a "We Need To Talk" campaign, giving people opportunities to tell us what you think about the areas you live in; what council services are important to you; and what role you think residents could play in helping to improve their communities.
 As part of this campaign, RBC we will be holding a series of events across the Borough during September and October, aimed at giving you a chance to make your views known. They will be fun as well as informative, and refreshments will be provided. All you have to do is pick an event in your area and book your place by clicking here:
<http://www.reading.gov.uk/letstalkevents> or call 0118 937 3787.

- **Free Mental Health First Aid Training Course**

Berkshire West Primary Care Trust are currently taking bookings for 6th 13th & 20th October 10.am – 2.00pm. The courses are run over 2 or 3 days.

The Mental Health First Aid Certificate can only be awarded on attendance of all days of the course. November Dates & 2012 Dates TBC - ** Please note your interest **

The aim of the 12 hour Course is to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems:

If you are interested in attending the course contact Claudette Maharaj on 075000 27358 or email claudette.maharaj@berkshire.nhs.uk

- **Reading Families Forum Information and Fun Day - 15th Oct**

The Reading Families Forum, a support network for families with children and young people with disabilities, is planning an Information and Fun Day on 15th October 2011 from 1pm - 4pm in the Avenue School.

In previous years this annual event has been well attended and proved to be very beneficial to both the families and professionals. The Avenue School has room for information stands and if you would like to reserve a space, please contact Ruth Pearce at ruth.pearce@btinternet.com or Alison Ries at riescoward@dsl.pipex.com. We look forward to hearing from you.

Find out more about Reading LINK

If you would like a representative from Reading LINK to come along to one of your group meetings or events or you would like to find out more, please do contact us:

Mandeep Sira – Involvement Manager – mandeep.sira@rva.org.uk

Sheena Masoero – Development Worker – sheena.masoero@rva.org.uk

Merlyn Barrett – Development Worker – merlyn.barrett@rva.org.uk

Reading LINK
8 Cross Street
Reading
RG1 1SN
Tel: 0118 902 3912

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

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