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Healthwatch Camden eNews

Welcome to our eNews round-up of health and social care news, events and consultations in Camden.

Surveys and campaigns

We'd like your views on GP out of hours and getting appointments

Part of our role as Healthwatch Camden is to give a voice to local people about their health and social care services. To this end on Saturday 17 August we set up a stall at the King's Cross Festival in Coram's Field. It was a great family day out and also a chance for us to catch up with locals and find out their views on GP services.

From our short survey of around 60 people we found that a quarter of the people we spoke to had some concern about their GP service. The biggest concern was getting appointments. People told us they have to wait three or even four weeks for an appointment. Some had used A&E or a private walk-in clinic because they could not see a GP.

Camden's Health Scrutiny Committee is looking at the subject of GP appointments in November. We aim to share your experiences and your views on how things could be improved with the committee.

If you want to share your views and experience about GP services, please email us at info@healthwatchcamden.co.uk or use our website to send us a [comment](#) or telephone us on

020 7284 6586. The Council's Health Scrutiny Committee is also looking at the out-of-hours service. Lots of people told us this was important to them. If you have used the service recently (within the past 12 months) we would like to hear from you about your experience.

We will use what you tell us to make recommendations to the Council's Health Scrutiny Committee about how services could be improved. (The Health Scrutiny Committee scrutinises matters relating to health and public health and hears the views of local residents, with a view to improving health services, reducing health inequalities and improving the health of local residents. It also scrutinises the impact of the Council's own services and of key partnerships on the health of its population. For more information, click [here](#).

Here is a photo from the day of the Mayor of Camden Jonathan Simpson and Councillor Abdul Hai, with Camden Healthwatch's Director, Frances Hasler at our information stall.



Local groups in our community

Support for Carers in our community

[Camden Carers Service](#) (CCS) is a partnership between Camden Carers Centre, Centre 404 and Crossroads Care Central and North London, launched in April 2013. They offer information, advice and support to unpaid carers who live, work or study in Camden, or care for someone who does.

Their services include: training and development; emotional support, including counselling; leisure activities and support groups; hospital discharge services and a carers' forum, Camden Carers Voice.

The day-to-day challenges of looking after someone can mean it's easy to forget about your own health needs. To help carers to cope, the Carers' Health Team will be holding a number of events over the autumn and winter, focussing on nutrition and healthy living. If you have an enquiry related to your caring role you can call their support and information line and speak to a carer support worker. The line is open Monday to Friday, 9am - 12.30pm/1.30 - 5pm (7pm on Wednesdays). Help is just a phone call away on 020 7428 8950/55.

Dates for your diary

Camden Council Learning Disabilities Forum

On Wednesday 18 September at 6 - 8pm [Camden Council](#) Learning Disabilities Forum is holding a meeting. They'll be talking about jobs, training, and employment, and refreshments will be provided. The meeting venue is: Charlie Ratchford Resource Centre, Belmont Street, London, NW1 8HF. If you need help to get to the meeting, contact Hasna Chowdhury on 020 7974 2972 before 6 September.

Camden & Islington, Community Mental Health Services Forum

Are you a service user from the local community and interested in improving Mental Health Services in the local area? Come and have your say at the next Camden and Islington Community Mental Health Services Forum at Conference Hall, St Pancras Hospital, 4 St Pancras Way, NW1 0PE on Wednesday 28th August 2013, 2-4pm. For further information contact Tony Fisher 0203 317 3220 or email Tony.Fisher@candi.nhs.uk

Are you over 60 with free time?

Over 60s can have a nice day out, enjoy free activities and a support network at the Castlehaven Community Centre. The address is: The Community Centre, 21 Castlehaven Road, London NW1 8RU Tel: 0207 485 3386. For more information, and a list of activities email info@castlehaven.org.uk.

Launching soon! Kilburn CHAPS

Men, are you looking for new and interesting activities to do in a male-only environment? CHAPS or Community-Health-Activity-Participation-Socialising is a brand new activities, interests and skills share project launching this September. Activities include fitness circuit training, chess, creative writing, healthy cooking classes and much more. Men living in Kilburn and Camden are welcome. Most sessions are free and held at Abbey Community Centre, 222c Belsize Road, Kilburn, NW6 4DJ. For more information email: paul-kgn@abbeycc-kilburn.org.uk

Thyroid Patient Event at the Royal Free Hospital, London, Saturday 7th Sept

On Saturday 7 September from 10 - 1pm at the Sir William Wells Atrium at the [Royal Free Hospital](#), the London Group of the British Thyroid Foundation (BTF) is hosting an event for thyroid patients and people with an interest in thyroid disorders.

Leading Consultant Endocrine Surgeon, Mr Fausto Palazzo will be talking about thyroid surgery and answering questions on all aspects of thyroid health. It's also an opportunity for patients to share their experiences and connect with each other. For more information or to book a place, call Lorraine Williams on 01843 579 793 or email lorrainewilliams@btf-thyroid.org. Refreshments available, suggested donation £3.

Need to brush up on your IT Skills?

[Training Links](#) are a great service for Camden Residents. They offer loads of free courses in a friendly and supportive environment. Get down to their open day on Thursday 5 Sept 13 to find out more. Their address is 11-7 54-56 Phoenix Rd London NW1 1ES, and the phone number is 0207 383 5405.

Volunteer for The Food Chain

[The Food Chain](#) exists to ensure people living with HIV in London can access the nutrition they need to get well, stay well and lead healthy, independent lives.

They deliver meals and groceries, offer cookery and nutrition classes and communal eating opportunities to people living with HIV in London and their dependents. Click [here](#) for a list of the latest volunteering vacancies.

Healthwatch Camden needs you!

If you have any comments on health and social care in Camden, or want to share best practice, please let us know. Your input is important and we're here to speak to you.

Best Wishes from the Camden Healthwatch team, and have a great September!

[Frances Hasler - Director](#)

[Carl Mills - Business Co-ordinator](#)
[Shelly Khan - Community Engagement and Volunteer Manager](#)
[Lindiwe Maqhubela - Communications Manager](#)
[Katie Chruszcz - Policy and Insight Manager](#)

To get real time updates on what we're up to....

Contact Us

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To submit an entry for the next edition, please send an email to:
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