



26 February 2014 Edition 11 Healthwatch Camden eNews

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

Community Engagement

Healthwatch Camden Blog is live!

If you haven't had a chance yet, check out our new blog posts on '[Frances's Blog](#)'. We discuss how we're going to look at involvement in a systematic manner. You can also find out what our priorities are for 2014 and how we chose them. As usual we'd be keen to hear your views.

Healthwatch Camden Board of Trustees Meeting (in public)

Starting in March 2014, the Board of Trustees of [Healthwatch Camden](#) will be holding meetings in public every three months. The meetings are free for the public to attend and at the end of each meeting there will be an opportunity for members of the public to ask the Trustees a question, related to the agenda.

Papers for the meeting will be published on our website a week before the meeting. You can read minutes of previous meetings [here](#). Attendance is limited, due to space, so please reserve a place by emailing: info@healthwatchcamden.co.uk by 10th March 2014.

Date and time: Monday 24th March, 6.30 - 8.30pm

Venue: 2nd Floor, Voluntary Action Camden, 293-299 Kentish Town Road, London, NW5 2TJ

Volunteers

We can create a better health and social care system for all of us. To do this we need your input. Your words will make a difference. Even better, why not volunteer for us and be part of our growing team? [Visit](#) our website for more details.

Surveys and campaigns

Healthwatch Camden children's specialist services project

Camden residents have told us that children's specialist services should be a priority for [Healthwatch Camden](#). So we're running a project to understand how easy it is for families with children with disabilities and/or special needs to access sources of support and information.

If you're a parent or carer of a child with disabilities or special needs, we'd like to hear what you have to say. Everyone who does a full interview with us gets a £10 Sainsbury's voucher as a token of thanks.

If you'd like to take part in a short interview please contact info@healthwatchcamden.co.uk or call 0207 284 6589

University College London Hospital (UCL) Find and Treat TB team

London was named the 'tuberculosis (TB) capital' of Western Europe after government body Public Health England reported that the city had 42 cases for every 100,000 people - the highest rate of the airborne disease of any western European capital.

Although Camden's incidence is below the average London rate with 62 cases of TB recorded in 2012, which is a rate of 28 cases per 100,000 people. It's still nearly twice the national average.

UCL have a Find and Treat team, that is, a Mobile Tuberculosis X-Ray screening service operating across London at a variety of sites. It's aimed at marginalised groups who have difficulty accessing mainstream healthcare. To find out more visit their [website](#).

JSNA Executive Summary

The latest JSNA (Joint Strategic Needs Assessment) executive summary is out, see it [here](#). The aim of the summary document is to present a simple outline of the refreshed JSNA 2013/14, with commentary on existing and future health and wellbeing needs of Camden's population. If you're interested in the full summary, look on the Council [website](#).

Healthier Catering Commitment in Camden

Do you know any businesses that would be keen to sign up to making healthier food? The Healthier Catering Commitment (HCC) voluntary scheme in London wants to encourage food outlets to make small and easy changes to food preparation, for example, reducing salt and saturated fats in meals. The thought behind this is that these small changes can make a big difference to people's health.

The scheme is being piloted over the next two years with a particular focus on Kentish Town and Kilburn. However, cafes, takeaways and other food outlets in Camden can [sign up](#) in order to help their customers eat more healthily.

The London Ambulance Service defibrillator campaign

Every year over 10,000 people in London suffer an out of hospital cardiac arrest. The only effective way to restart the heart is to use a defibrillator. The London Ambulance Service is campaigning for the machines, which are safe and easy to use, to be like fire extinguishers in every public building or office with people working there trained to use them. They've launched a defibrillator accreditation scheme offering guidance and support in buying, storing and using a defibrillator, and it's the first of its kind in the UK.

If you would like advice on getting a defibrillator and want to join the scheme, please visit their [website](#).

Local groups in our community

Homeless people making waves in Camden

Camden General Practitioners are holding an event for homeless people in Camden to voice their opinion on healthcare services. Food will be provided and participants will also get a £10 gift voucher. If you know someone who is interested in attending, contact Martin Emery on 0203 688 1755 or email martin.emery@camdenccg.nhs.uk

Time and date: Friday 7 March 2014

Venue: Arlington Centre, 220 Arlington Centre, London, NW1 7HE

Apples & Pears Weight Management Service

January 2014 saw the launch of the Apples and Pears children and young people's weight management programme. A range of programmes are now available across Camden. These include:

- New Mum New You for mothers and babies up to 2 years old
- Toddler Boost (2-4 years)
- MEND and Active Boost - healthy lifestyle programmes (delivered in age appropriate groups) for children and young people up to 18 years.

They're all family based programmes to promote healthy growth, and help give parents and children the skills to lead a healthier life. For more information contact [Apple and Pears](#) or email applesandpears@nhs.net and telephone 020 3688 1710.

Become a member of University College London Hospitals NHS Foundation Trust

UCLH is looking for new members for their trust. Membership is free and is open to anyone aged 14 and over who lives or London, or has been a patient at one of their hospitals in the last three years, or is an unpaid carer of one of their patients. Members can get involved as much or as little as they like.

You'll get to vote for governors in the annual elections, or can stand for governor. Members receive [UCLH News](#) where you can find out more about UCLH and its services, as well as invitations to attend [Members Meets](#) - these are health seminars on a wide range of health topics and provide opportunities for members to ask questions about the presentations. The next Members Meet is Tuesday 25 March from 17:30 - 19:30 and the topic will be "Helping us to help others: from complaints to fundraising to volunteers - how everyone can benefit".

[Join online](#) or contact the membership office - email foundation.trust@uclh.nhs.uk or call 0203 447 9290.

Free taster arts workshops for carers

Camden Carers Service is running a short programme of free taster arts workshops for carers in Camden. The workshops are on Monday's from 1pm - 3pm starting with:

3rd March - Pottery
10th and 17th March - Screen printing
24th and 31st March - Jewellery making

Participants can choose to book for one or all three activities. Before each session, between 12 and 1pm, a snack lunch is served so carers can socialise.

Venue: 1a Arts, 1a Roseberry Avenue EC1R 4RS

For more information and to book call 020 7405 2493 and ask for Sue, or email sue.shickle@holborncommunity.co.uk

Funded urgent respite care

[Camden Carers Service](#) has funding available to provide urgent respite care to those needing it in Camden. The service is provided through carer support workers employed by Crossroads Care and is open to anyone living in the borough aged over 18 who has substantial caring responsibilities for someone over 18. It could be an interim measure while someone is awaiting a Carer's Assessment, it could be extra support needed at a particularly stressful time, or because someone is going through a period of change.

If you or someone you know would benefit from this service, contact Camden Carers Service for an informal chat or to arrange a needs assessment. Ring **020 7428 8955** and ask for Emergency Breaks.

Dates for your diary

The Circulation Foundation and Vascular Disease Week

The Circulation Foundation - the UK's only charity dedicated to vascular health invites you to join other health and vascular professionals around the UK in [Vascular Disease Week 17 - 23 March 2014](#). It's the annual opportunity to raise awareness of vascular disease - the silent killer that's more common than cancer and heart disease, yet relatively unknown. It's also a great opportunity to raise funds for life-saving vascular research.

Research they've funded includes investigations into how limbs can be saved using cell therapy, and evaluating and optimising screening tests for foot disease in patients with diabetes. To find out more visit their [website](#).

Capita Patient Complaints Conference

Capita is holding a national Patient Complaints conference in central London on Monday 28 April 2014. It's designed to help further progress the changes made from the recommendations listed in the [National Review into Complaints Handling in the NHS: Putting Patients Back in the Picture](#).

Expert speakers from [Healthwatch England](#), the [Department of Health](#) and [Care Quality Commission](#) will explore the complaints reform and how to gain commitment from key health organisations, ensuring action is taken to make complaints a central part of hospital inspections.

To book, please [click](#) and quote booking source code MKAK.

Personal care assistant conference

There's a free conference for personal care assistants in Camden. It's billed as an opportunity to meet other people who work in the field and will cover:

- ~ training with Camden Council
- ~ information on the new personal assistant register set up with Holy Cross Centre Trust
- ~ personal care assistants and their role in re-ablement and promoting independence
- ~ how to develop and sustain resilience as a personal care assistant.

Time and date: Thursday 27 February 2014 from 10am - 2pm

Venue: The Glasshouse at the Holiday Inn London, Camden Lock, 30 Jamestown Road, London NW1 7BY

For more information or to book email, tdsonline@camden.gov.uk or call 020 7974 4411.

Health screening day for carers

[Camden Carers Service](#) in partnership with myhealthcheck Camden are providing free drop-in NHS health checks and health needs assessments for unpaid carers in Camden.

To book a place, please call 020 7428 8953 or email sue@camden-carers.org.uk

Camden Vision Strategy Open Forum

[Camden Council](#) and their partners are reviewing local eye health services and sight loss support services. To this end they're holding two forums to discuss services within Camden that concern locals residents, their carers' and families.

It will be a chance for you to let the council know what's important to you and to help them develop their strategy. Please contact The Camden Vision Team via georgina.manly@pocklington-trust.org.uk or on 07891854930 to RSVP and arrange transportation.

Forum dates: Thursday 13th March 2014 at 4.30- 6.30pm and Wednesday 19th March 2014 at 6.00pm- 8.00pm

Venue: The Charlie Ratchford Resource Centre, Belmont Street, London, NW1 8HF

Did you know?

Care.data update

The date to opting out of having your medical records added to the care.data programme has been extended by around six months. If you want to opt out and let others know that they can opt out. Visit this [website](#) to get a comprehensive view of the programme.

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. You can now also speak to us in real time on our [blog](#).

Best wishes from the Camden Healthwatch team!

[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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