



18 December 2013 Edition 9 Healthwatch Camden eNews

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

Community Engagement

Festive greetings to everyone! It was great to meet those of you who came to our events. In future, we'll be hosting smaller community forum events in different parts of the borough, so that more people can have a say. Any new events will be posted on our [website](#).

Every voice counts when it comes to shaping the future of health and social care in Camden. We're always interested in hearing your views. To this end we now have a blog on our website. It's called '[Frances's Blog](#)'. We'll be talking about the issues that matter to the local community and sharing what we're up to. Please leave your comments and suggestions relating to health and social care. You can also chat to us on [Twitter](#) or [Facebook](#).

Volunteers

We've recruited volunteers of all ages, from students to the long-retired. They are helping us to reach out to more local people, to gather their experience and to offer them information. Let us know if you are keen to join our growing team of volunteers. [Visit](#) our website for more details.

Office opening and closing times

[Healthwatch Camden](#) is closed for the festive season from 25 December and will re-open on 2 January 2014.

[Camden Council](#) services will open as normal over the Christmas and New Year period, only closing on the bank holidays. Essential services that operate 365 days a year will stay open. Non-essential services will close at 4pm on Christmas Eve and New Year's Eve. Contact Camden will run the usual [emergency](#) out of hours' service from 4pm on those days.

Surveys and campaigns

Help Healthwatch Camden improve hospital stays for children in Camden

Healthwatch Camden is looking for volunteer parents and young people who've recently been an inpatient on a children's ward. The volunteers will go to hospitals to speak to young patients and their families to hear what's working well and what needs to be improved.

We'll cover your expenses and provide training. If you're interested in volunteering contact, Katie.chruszcz@healthwatch.co.uk or call 020 7284 6589.

The Campaign to End Loneliness

Esther Rantzen's [Silver Line](#) charity has launched a new project - The [Campaign to End Loneliness](#). It's a response to the issue of loneliness and isolation in later life, especially during the festive season. Those affected can call the freephone helpline number 24 hours a day on 0800 4 70 80 90.

The Samaritans helpline

[The Samaritans](#) are available 24 hours a day, 365 days a year on 08457 90 90 90 in the UK, 1850 60 90 90 in the Republic of Ireland or email jo@samaritans.org

Homeless London Winter Shelters 2013-14

A range of Winter Shelters (or Cold Weather Shelters) operate in London each winter. Some open for just a week over Christmas, others are open for several months. They vary in size from about 10 to 30 spaces, although [Crisis at Christmas](#) accommodates several hundred people. To find out more, contact the C4WS Homeless Project Camden on 07598 066712.

Local groups in our community

Camden Carers Service - Grants

Through their partnership work and funding, Camden Carers are offering small grants to support organisations to identify people with caring responsibilities, provide training, activities and information for carers, and help them tap into all the services that are available.

They're keen to provide small grants to other organisations and have already funded or agreed funding for an Irish Carers project at Mind Yourself, a Male Carers Project at Castlehaven Community Association, People's Centre for Change, the Camden Somali Cultural Centre, and Holborn Community Association. For more information contact Sarah Wallace on 0207 485 7416 or email Sarah@crossroadscarecnl.org.

Debt Advice Service for people with mental health issues

Do you know of any mental health service users who live in the Borough of Camden and need debt advice? Citizen's Advice Bureau (CAB) is offering an advice service for them. Please call 020 7554 3592. Leave a message with the client's name and contact number. Or send an email to rabia.begum@camdencabservice.org.uk.

Dates for your diary

Disabled swimming at Kentish Town Leisure

On Wednesdays from 6-7pm Kentish Town Hall holds a disabled swim session. The last swim is 18 December with sessions resuming in the New Year - 8 January 2014.

Patient and Public Involvement (PPI) Conference

The [Tavistock and Portman NHS Foundation Trust](#) is hosting the Patient and Public Involvement (PPI) [conference](#) on Friday 7th February 2014. It's on behalf of the Mental Health Patient and Public Involvement Forum, a network of PPI representatives from all the mental health trusts of Greater London and the Home Counties.

Please be advised that the online booking system is only set up for anyone that has to pay to attend the conference.

Elfrida Rathbone Camden - Skill Up For Volunteering

Elfrida Rathbone is running blocks of training for 'Skill Up For Volunteering' in January and March 2014 to teach people volunteering skills - and then throughout the year. The dates are unconfirmed as yet. Visit their [website](#) for forthcoming dates.

Camden Carers' Centre (CCC) Monday Cook Club

The upcoming dates for CCC's Monday Cook Club are the 20 and 24 January, and 17 March 2014. This is a hands-on cook and eat club for carers of people with dementia and those they care for. It is held at Kentish Town Congregational Church (downstairs), Kelly Street, NW1 8PH. To book please call the Carers Health Team on 0207 428 8953 or email sue@camdencarers.org.uk

Voluntary Action Camden (VAC) Mental Health Training

VAC is running a programme of mental health training from September 2013. Their training supports staff and volunteers from Camden-based voluntary and community groups to work confidently with clients affected by mental health issues, and to promote positive mental health and wellbeing within their communities. Mental Health First Aid training is on: Tuesday 4 and 11 February 2014 (10am - 5pm both days) - it's £25 for members. Visit their [mental health training page](#) for more information.

To book, download the form and return it to Ann Wolfe on awolfe@vac.org.uk or Maureen Brewster on mbrewster@vac.org.uk

Golden Opportunities for People 50+

People in Camden who are over 50, and organisations and groups working with them are invited to a seminar at the Town Hall on 13 January, 10 - 12.30. The talk will be about employment, developing enterprises, adult learning, training and volunteering opportunities for people aged 50 plus in Camden. Camden Older People's Champion, Councillor Revah will be hosting the event.

It's essential to book in advance if you want to attend as space is limited. Phone: 020 7974 2972 or email: ascengagement@camden.gov.uk

Did you know?

NHS 111 Service

NHS 111 Service is a helpline service for non-emergency health care information and advice. It's free from landlines and mobile telephones. Residents of Barnet, Camden, Enfield, Haringey and Islington should call the NHS 111 service if they need medical help fast, but it

is not a 999 emergency line. For less urgent health needs, you should still contact your [GP or local pharmacist](#).

NHS 111 is staffed by a team of fully trained advisers, supported by experienced nurses, who ask callers questions to assess symptoms, give healthcare advice and direct to the right local service as quickly as possible.

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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