



29 November 2013 Edition 8 Healthwatch Camden eNews

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

Community Engagement

It was fantastic to meet so many of you at our first formal event last Monday! Around 60 delegates attended - a mixture of locals, patients, carers, community organisation representatives and health and care professionals.

We got useful input on how to best engage the community on current and future priorities, also views on the health and social care issues people think Healthwatch Camden should put on its agenda. We'll share the results on the most important priorities according to our delegates shortly.

A thank you to all our fantastic speakers. Patrick Vernon from Healthwatch England, spoke about the importance of the consumer voice in health and social care, and Jason Strelitz, Assistant Director in Public Health gave an insight on Healthwatch Camden's role in combatting health inequalities. William Roberts spoke on behalf of the Clinical Commissioning Group.

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.



Delegates discussing issues in health and social care

Our work in the community

We've been talking and listening to people from every part of the local community. We set up a stall at the O2 Centre, Hazel Katce one of our volunteers gave out information and answered questions on Healthwatch Camden. At Queen's Crescent Market our intern Collin, and volunteer Phyl carried out a survey on general healthcare services in Gospel Oak. We'll be sharing the results online. We also had a stall at the Celebrating Parents and Carers event at Haverstock School and at the Irish Centre for World Mental Health Day.

We aim to reach out to everyone in our local community, especially those who would otherwise not be heard. We're a powerful community-based organisation, and can speak on your behalf. Every voice counts, so if you see us in the community, come and say 'hello' and let us know your views on health and social care in Camden.

Volunteers

We've recruited young volunteers Nassima and Arlita to our growing pool of volunteers, welcome and thank you to all our volunteers!

We're always looking for new volunteers. It's an opportunity for you to participate in creating a health and social care system that really meets your needs. [Visit](#) our website for more details.

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.

Serious mental illness: Public Health Intelligence profile 2013

The new [Public Health Intelligence profile](#) on serious mental illness is out. It rates Camden as the third highest in serious mental illness across the country, with 3,400 people diagnosed. The profile highlights that rates are highest among men, deprived areas, and the black ethnic group. Early identification and diagnoses is important due to people with a mental illness being more likely to suffer from other conditions such as chronic depression, high blood pressure and strokes.

Local groups in our community

DISC's 40 Year Anniversary Celebratory Conference

[Disability in Camden](#) (DISC) is celebrating its' 40 year anniversary. To celebrate this historic landmark, and International day of disabled people, DISC is organising an event at the Arlington Conference Centre Camden London, on 3 December from 11-4pm.

A short documentary film looking at the changing face of disability in Camden over the past 40 years will be screened, and awards handed out to recognise key individuals who have

given outstanding support to disability issues over the last four decades. Refreshments are available and there's the chance to enter a free raffle.

To register your attendance call Iyiola on 020 3317 5442 or email iyiola@discnwl.org.uk

DISC Launches Deaf Interpreting Service

[Disability in Camden](#) (DISC) also launched their Deaf Interpreting Service on Thursday 21 November. Established with support from the City Bridge Trust, the Deaf Interpreting Service seeks to improve access to services for Deaf people by providing BSL Interpreters for short-notice bookings. This is the first of its kind - as a social enterprise - controlled by, and accountable to, Deaf people of Camden. To find out more, contact 020 7255 9731, email interpreting@discnwl.org.uk

Camden Community Specialist Musculoskeletal (MSK) Service

If you're suffering from muscular or joint pains, this [service](#) brings together specialist musculoskeletal (MSK) clinicians to assess, diagnose and manage your condition at health centres around the borough of Camden. MSK conditions involving: bones, soft tissues, muscles, joints and ligaments are treated.

The MSK service also helps people who are struggling to manage day to day tasks and are finding it difficult to work as a result of their pain.

To make an appointment or to refer yourself call 020 7871 0545. You can also visit your GP who will decide if you may benefit from a referral to the service.

West Hampstead Women's Centre

Every first Tuesday of the month, between 2.30 and 4.30 [West Hampstead Women's Centre](#) holds a women's cancer support group. It's for women, carers, family and friends to share experiences and discussion of both holistic and conventional topics. Sessions are conducted in a safe, supportive and strictly confidential environment.

The venue is West Hampstead Women's Centre, 26-30 Cotleigh Road, West Hampstead, London NW6 2NP. If you're interested, call 020 7328 7389 or email info@whwc.org.uk.

A qualified community Nurse is also available at the centre, on a fortnightly basis, every other Thursday, between 10:30am and 12:00pm. Women who are refugees or not registered are welcome to attend to get advice on female issues. Call 020 7327389 to book an appointment.

Men Who Care Club

[Castlehaven Community Association](#) (CCA) has a free 'Men Who Care Club' that meets once a week for two hours on Wednesday afternoons, 2.30 - 4.30pm. Men socialise, make friends, get support and advice from Camden Carers Service (CCS), and get the chance to relax. The

club is for the men who care for someone. CCA and CCS can provide assistance in leaving dependants safe and cared for while you attend.

Men over 50 get free membership and 75% off trips, classes and clubs organised by CCA Helps. If you're interested, or know someone who might be, call 0207 692 2238 or email rosa@castlehaven.org.uk. Alternatively visit the centre at:

The Haven
Castlehaven Community Association
23 Castlehaven Road (Camden Lock End)
London, NW1 8RB

Dates for your diary

Healthwatch Camden and Camden Carers Service event

Don't forget that 29 November is Carers' Rights Day. We're hosting an event in partnership with Camden Carer's Service. The theme is 'Your Health, Your Rights.'
It's a chance for unpaid carer's to get their voice heard. We'll have information, speakers and health checks. Carers will be invited to enter a free raffle, and the donated prize is dinner for two at a restaurant in central London.

The keynote speakers are:

- Tulip Siddiq, Councillor in Regent's Park and cabinet member for culture in Camden Council
- Caz Sayer, Chair of the Camden Clinical Commissioning Group (CCG)
- Jenny Alphonse Director of Camden Carers Service (CCS)
- Frances Hasler, Director Healthwatch Camden
- Cilla Freud, Chair of the Camden Patient Participation Engagement Group (CPPEG)
- Dame Philippa Russell, Chair of the Standing Commission on Carers

We look forward to seeing you there this afternoon!

Did you know?

We've revamped our [website](#), it's still a work in progress, but you can look forward to more videos, a blog, polls, information on our projects and much more. It's a good way to keep up-to-date on what we are doing, so why not take a look?

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!

[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

Office hours: Mon-Fri 9am - 5pm

Telephone: +44 (0)20 7284 6586

Email: info@healthwatchcamden.co.uk

Web: www.healthwatchcamden.co.uk

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Our address

Healthwatch Camden
2nd floor
293-299 Kentish Town Road
London NW5 2TJ

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info@healthwatchcamden.co.uk