

Pass it on...

Please forward this ebulletin to your friends, family and colleagues.

Healthwatch Waltham Forest is the health and social care champion for local residents.

[Join now](#) and get involved!

Picture: Coronation Gardens in Summer

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.....plus more!

020 3078 9990
www.healthwatchwalthamforest.co.uk
info@healthwatchwalthamforest.co.uk
Waltham Forest Resource Hub (Central), 1 Russell Road, E10 7ES
Twitter: @Healthwatch_WF

Contact us for alternative formats

Contact Us

➔ We are Recruiting!

Healthwatch Waltham Forest are recruiting for the following positions:

Outreach Officer

2 days a week, £20,000 pro rata. We are looking for an Outreach Officer to lead on our outreach and engagement programme with patients, public, and partners.

Volunteer Coordinator

3 days a week, £20,000 pro rata. We are looking for a Volunteer Coordinator to lead on our volunteer programme of recruitment, volunteer support and coordination.

The closing date for applications is Friday 22nd June.

For more information or to apply for these posts please get in touch:

☎ 020 3603 2438

✉ info@yvhs.org.uk

➔ Patient Experience at Whipps Cross Hospital

Do you have something to say about patient care and services at Whipps Cross Hospital?

Come and join us for a focus group:

- ➔ Thursday 12th July, 10.30am - 12.00pm
- ➔ Resource Hub (Central), 1 Russell Road, E10 7ES

On arrival please press the buzzer for the large training room.

Light refreshments will be provided and there is limited parking on site.

To register or to find out more:

☎ 020 3078 9990

✉ info@healthwatchwalthamforest.co.uk

“NHS 111 gave spot-on advice.”

Join us today and have your say!

Are you a leader?

We are recruiting new members from a variety of backgrounds to join our committee. Committee members will help shape Healthwatch Waltham Forest as well as representing the organisation at meetings and events.

Do you have any time to spare?

Healthwatch Waltham Forest are recruiting volunteers to support us with Administration, Events, Outreach, Patient Experience and Projects.



Volunteering is rewarding, and worthwhile!

We are also recruiting volunteers for the following events:

Whipps Cross Hospital Outreach

- ➔ Wednesday 13th June, 10am - 2pm
- ➔ Outpatients Reception, Whipps Cross Hospital

Walthamstow Garden Party

- ➔ Saturday 14th and Sunday 15th July
- ➔ Lloyd Park, Walthamstow

Limes Health Awareness Day

- ➔ Saturday 21st July, 11am - 3pm
- ➔ Lime Tree Surgery

For more information about volunteering with Healthwatch Waltham Forest please contact Sumita:

☎ 020 3078 9990

✉ sumita.ahmed@healthwatchwalthamforest.co.uk

Other Events....

See the back page for more events, including the Health and Wellbeing Board Forum (20th June) and the Patient Participation Group Forum (18th July).

➔ Break Tha Cycle - Big Youth Debate

Break Tha Cycle are inviting you to participate in this year's youth debate.

Through the recent rise in knife and gun crime the community has become very unsettled and there are lots of unanswered questions that the community needs answers to. Join the debate:

➔ Saturday 30th June, 5.30pm - 9.00pm

➔ Town Hall, Forest Road, London, E17 4JF

Break Tha Cycle wants to bring the community together to speak on these issues but more importantly how we can make a positive change, in that young people do not feel alone.

There is a lot of negativity regarding our youth and they want to hear from those who have managed to change their lives.



Young people 'should not feel alone'

The Host - Dereece Benjamin, goes by the name of 'MR B'. He is a rapper, writer, producer and poet who has a political and grass roots approach when it comes to writing his lyrics.

Having been born and raised in the east end of London his knowledge and talents have been nurtured around many of the highs and lows of society.

To book your place at the Big Youth Debate or to find out more, visit the website. ➔ [More](#)

“My pharmacist had the answers.”

[Join us today](#) and have your say!

➔ Nursing Associate Regulations Workshop

The Nursing and Midwifery Council (NMC) is hosting this free half day workshop to hear views from patients and public:

➔ Thursday 7th June, 1.00pm - 3.30pm

➔ 23 Portland Place, London, W1B 1PZ



Have your say on the approach to regulations

As part of the NMC's consultation on the regulation of nursing associates, it will be an opportunity to find out about the proposed approach. It's also an opportunity to share your views through question and answer sessions and group discussion. ➔ [More](#)

“I feel safe and secure at the care home.”

[Join us today](#) and have your say!

➔ Workshop on Personalisation

The first service user/support organisation workshop is due to take place:

➔ Tuesday 12th June, 1.30pm - 4.30pm

➔ Town Hall, Forest Road, London, E17 4JF

The workshop will look at service user experience of the care planning process and understanding of their options around personalised support.

A second session will take place later in the year. To find out more:

☎ 020 8496 8275

✉ johnathon.cuthbertson@walthamforest.gov.uk

➔ One North East (1NE)

A substance misuse problem can affect your life, your health, your relationships, your family, your job.

Getting help to stop drinking or drug taking can mean the possibility of a return to healthy living, an end to serious illness and harmful dependence upon alcohol or drugs, an end to feelings of hopelessness and despair.



Support for those affected by drug or alcohol misuse

For those who have family, work and other commitments, a community based rehabilitation programme is the best and most affordable option.

1NE has been providing award winning community-based treatment since 1987. Choosing 1NE for rehab could be one of the most important decisions of your life.

1NE clients experience a 70 per cent success rate in remaining sober and drug free one year after completing treatment.

Services include Assessments; Group Therapy; Personalised Treatment Plans; Meditation and Individual Counselling.

The confidential and discreet service offers support to anyone affected by another's addiction and support to young people affected by addiction.

It includes weekday, evening and weekend sessions with a minimum two weeks commitment.

For more information, get in touch or visit the website. ➔ [More](#)

☎ 020 8220 0132

✉ info@1ne.org.uk

➔ Ashiana Network

Ashiana Network is a multi-award winning charity that has been supporting young women and girls at risk, or victims of domestic violence and harmful practices for almost 3 decades.

Ashiana provides a culturally specific service to BAMER women and girls, (particularly South Asian, Iranian and Turkish) through offering free immigration advice and access to refugees with no recourse to public funds.

The organisation also provides free counselling and support groups for women and a dedicated advice team that informs them how to pursue legal action and access welfare provisions. As a specialist service, Ashiana's multilingual team of women from different backgrounds enables a culturally sensitive approach to the issues e.g. so called honour based violence, FGM and forced marriages, and seeks to empower women and girls to make informed choices about their futures.



Free counselling and support for women and girls

In conjunction with supporting women and girls, Ashiana delivers education and training sessions for statutory and voluntary agencies.

The recently established community engagement programme enables Ashiana to carry out preventative work within the borough to increase awareness of the issues.

Find out more on the website. ➔ [More](#)

“I found the assessment too complicated.”

[Join us today](#) and have your say!

➔ Living Well Project

Living Well Waltham Forest is a new project running in Waltham Forest. It is part of a larger network of pilot projects aimed at supporting residents to maintain and improve their wellbeing, independence and quality of life.

Too often nowadays we hear about people becoming "isolated", lonely and for a variety of reasons with disability, short term health problems, lack of confidence and "cut off" from the wider community. Identifying and addressing these issues at an early stage can often mean people can resume their previously active and fulfilled lives, before the onset of more debilitating illness.



Helping you to achieve goals

The project tries to encourage "a can do" attitude from all those it works with, be they GPs, social workers, carers and residents themselves, the overall aim being to recognise what people can do rather than what they can't.

The Living Well team consists of four members of staff from a variety of health and social care backgrounds and experiences who are dedicated to really listening to you, what support you have at the moment and what other services or activities you feel might benefit you.

Usually they visit you at home. They will write down what you tell them you would like to do, in a Wellbeing Plan and they will then support you to achieve these "goals".

"The welfare of carers is very important!"

[Join us today](#) and have your say!

For example, this might be helping you to find clubs and activities, finding services that can support you or supplying a volunteer to get you out and about again.

Living Well is a partnership project between Age UK Waltham Forest, Waltham Forest Clinical Commissioning Group, London Borough of Waltham Forest, Reaching out East and Outward. They are working together to deliver the project although Age UK Waltham Forest are the main contact organisation.

"Staff need awareness of different cultures."

[Join us today](#) and have your say!

Who can use the service and who can refer?

Referrals will be accepted from a variety of sources, the main referral route will be from Community Health Services and GPs.




Encouraging a 'can do' attitude

Referrals are for adults 18+ years who need assistance in managing their health and wellbeing needs and who express a desire to use local community resources but are unable to manage this process themselves.

The service is not available for people who live in a residential or nursing home.

For further information please contact Age UK Waltham Forest and ask for the Living Well Waltham Forest Project:

 020 8558 5512

➔ Breast Cancer Screening Awareness

About 1 in 8 women in the UK are diagnosed with breast cancer during their lifetime. If it's detected early, treatment is more successful and there's a good chance of recovery.

Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they're too small to see or feel.

As the likelihood of getting breast cancer increases with age, all women aged 50 to 70 and registered with a GP are automatically invited for breast cancer screening every 3 years.

In the meantime, if you're worried about breast cancer symptoms, such as a lump or area of thickened tissue in a breast, or you notice that your breasts look or feel different from what's normal for you, don't wait to be offered screening, see your GP.



Regular screening is beneficial - 'most experts agree'

Why is breast screening offered?

Most experts agree that regular breast screening is beneficial in identifying breast cancer early.

The earlier the condition is found, the better the chances of surviving it.

You're also less likely to need a mastectomy (breast removal) or chemotherapy if breast cancer is detected at an early stage. ➔ [More](#)

“I like to be recognised on arrival.”

[Join us today](#) and have your say!

➔ Invitation to Volunteer with the LAS Academy

The London Ambulance Service (LAS) Academy runs two year courses to enable Emergency Ambulance Crew and Technicians to become paramedics.

Part of the assessment and training requires the participation of people who act as patients (mock patients) for the trainees' assessments. The process requires the mock patient to act as if they are ill, while the trainee questions them and assesses their condition.



Contribute to the training of paramedics!

Limited physical contact takes place except perhaps checking the pulse or blood pressure and in some of the patient assessments the trainee may need to perform some hands on assessment. This would be discussed and agreed in writing prior to participation.

The training school is located in Fulham. If you are a member of the Forum and would like to participate please get in touch:

☎ 07817505193

➔ Fibromyalgia Support Group

This upcoming session will give you the opportunity to ask questions, discuss issues or just have a general chat with someone who understands what you are going through:

➔ Wednesday 20th June, 5.30pm -7.00pm

➔ Leytonstone Library, 6 Church Lane, E11 1HG

To find out more:

☎ 020 8496 1643

✉ Barbora.Ertlova@walthamforest.gov.uk

➤ Arts and Crafts Course

Introducing a five week taster course, featuring a series of arts and crafts activities including printing, painting and a tour of Walthamstow Wetlands:

- ➔ Thursday 7th June, 10.30am -12.30pm
- ➔ Walthamstow Wetlands, 2 Forest Road, N17 9NH



Discover your artistic side this summer!

To find out more:

☎ 020 8496 1642

✉ Sharon.Hanooman@walthamforest.gov.uk

**“The care assistants
get to know you.”**

Join us today and have your say!

➤ Job Vacancy at ELOP

ELOP is an LGBT mental health & wellbeing charity offering a range of support, advice, information, counselling and group support services to lesbian, gay, bisexual and trans (LGBT) communities.

They are currently recruiting an LGBT Group, Events & Community Worker. This is an exciting job opportunity to join a dynamic and committed team in a front-line role working directly within LGBT community events, forum & group support services. Part-time: up to 30 hours per week. Some flexibility to negotiate core hours, but you must be available to work some evenings. Salary: £12.50 per hour (£24,050 per annum pro-rata, includes weighting).

Closing deadline for submission of applications is 5pm Wednesday 6th June. For further details or an application pack: ✉ recruitment@elop.org

➤ Gypsy, Traveller and Roma Community Event

An event facilitated by the Traveller Movement, an organisation working to promote the rights of Gypsy, Traveller and Roma (GRT) communities in the UK:

- ➔ Thursday 7th June, 11.00am – 1.00pm
- ➔ Town Hall, Forest Road, London, E17 4JF

For those working with individuals and/or families in Waltham Forest. The session will cover topics including introduction to the traveller movement - who we are, what we do; stereotypes exercise; Gypsy, Roma and Traveller communities in the UK.



Understanding the traveller community

Topics also include common cultural beliefs and practices, traveller men and women; health in GRT communities; racism against GRT communities; hate speech/hate crime; discrimination in education and examples from case work. ➔ [More](#)

➤ Photographic Exhibition

Introducing 'How Come We Didn't Know? The Corporate Take-over of our NHS', a photographic exhibition by Marion Macalpine. It shows how global corporations are rapidly buying into the NHS:

- ➔ 4th - 6th June, 10am - 5pm*
- ➔ Winns Gallery, Lloyd Park, E17 5JW

*Late opening Monday 4th June till 9 pm with a talk "How we protect our NHS" by Dr Jackie Applebee GP and health campaigner. ➔ [More](#)

**“My GP could offer more
support on referrals.”**

Join us today and have your say!

➡ Waltham Forest Time to Change Hub

Waltham Forest has received funding from the national Time to Change campaign to set up a local Time to Change Hub to challenge the way people think and act about mental health.

Time to Change Hubs are networks of local organisations and individuals committed to tackling negative attitudes and behaviours towards people experiencing mental health problems.

Waltham Forest Council and CREST Waltham Forest will lead the campaign in Waltham Forest and a number of other organisations including local NHS Trusts, Community Waltham Forest and Community and Voluntary Organisations have already signed up to our local Hub.



Football can 'increase self-esteem and confidence'

One project example, Coping Through Football is a football based project that supports the recovery of young people and adults experiencing mental health issues. It is run in partnership between Leyton Orient Trust, the London Playing Fields Foundation and North East London NHS Foundation Trust.

The Waltham Forest Hub is seeking to identify local people who have lived experience of mental health conditions who would be willing to become Time to Change champions and take their personal stories and experiences out to their communities.

It is acknowledged that contact with someone with real life experience of mental health is the best way to change stigmatising views that many people hold.

The hub would welcome hearing from anyone in Waltham Forest who has experienced living with a mental health condition and would like to join the campaign. You will receive training from the national Time to Change campaign and ongoing support from the local champions' network.



It's 'time to change' attitudes on mental health

Champions will be invited to contribute as much or as little time as they wish or are able to, and small amounts of funding from the local Champions Fund will be available to support champions in their campaigning. To find out more, get in touch or visit the website. ➡ [More](#)

✉ chris.osullivan@crestwf.org.uk

“I need to be involved in decisions about me.”

[Join us today](#) and have your say!

➡ Barts Health Open Day

Come along and celebrate the NHS - past, present and future. All ages welcome!

➡ Saturday 7th July, 11.30am - 3.00pm

➡ Whipps Cross Hospital

Features a photo booth; taster massages; henna art; hair braiding; cycle to make smoothies!; Miss Ballooniverse; drumming workshops; city bells and a saxophone quartet.

Learn about dementia; emergency care; pulse checks; mindfulness; apprenticeship schemes; recruitment and much more! ➡ [More](#)

“I am in control of my diabetes.”

[Join us today](#) and have your say!

➡ 'Advanced Paramedics' to Prescribe Drugs

New laws will allow hundreds of advanced paramedics to prescribe drugs, improving care for patients, speeding up access to treatment and preventing unnecessary visits to hospitals and GPs.

Patients already rely on paramedics to administer live-saving treatment when they become critically ill or are involved in a serious accident.

The new laws, which came into force on 1st April, will allow the most qualified and experienced paramedics to also prescribe medication for patients who do not need hospital treatment.



The ability to prescribe 'could save lives'

The changes have been welcomed by the Patients Association and the Sepsis Trust, which said they could save lives. ➡ [More](#)

Latest Newsletters

➡ NICE Public Involvement Update, May 2018 ➡ [More](#)

Please send us a link to your latest newsletter!

News Summary

- ➡ The latest news from the Waltham Forest Guardian ➡ [More](#)
- ➡ The latest news from the Waltham Forest Echo ➡ [More](#)
- ➡ The latest updates from Waltham Forest Strategic Partnership Boards ➡ [More](#)
- ➡ The latest from Slenky, the local digital youth platform ➡ [More](#)
- ➡ Women to have dedicated midwives throughout pregnancy and birth ➡ [More](#)
- ➡ NHS action on sugar pays dividends as hospitals slash unhealthy food and drink sales ➡ [More](#)
- ➡ Care providers losing employees to other industries, says briefing ➡ [More](#)
- ➡ New 'one stop shops' for cancer to speed up diagnosis and save lives ➡ [More](#)
- ➡ Information standard aims to link health and care sector ➡ [More](#)
- ➡ Government to spend £50 million training 900 social workers on fast-track routes ➡ [More](#)
- ➡ TV doctors and NHS leaders head back to school to inspire young people to work in the NHS ➡ [More](#)
- ➡ Heart patients among those to benefit as NHS England backs innovation ➡ [More](#)
- ➡ NHS set to breathe new life into patients with chronic lung condition ➡ [More](#)
- ➡ Warning issued over the risks of 'fragmented' adults' social care system ➡ [More](#)
- ➡ Pioneering price match scheme frees up millions for frontline care ➡ [More](#)
- ➡ NHS gets funding green light for new buildings, wards and beds ➡ [More](#)
- ➡ Health service employers take "important next step" to improve fairness at work ➡ [More](#)
- ➡ 'Dramatic' annual surge in online GP services as patients sign up for convenience ➡ [More](#)
- ➡ New GP contract agreed for 2018 to 2019 ➡ [More](#)
- ➡ Patients get the green light for smarter choices after latest GP pilot ➡ [More](#)
- ➡ Review launched to respond to patient concerns about NHS treatments ➡ [More](#)
- ➡ Social Work England chair: We must set and maintain highest standards for social workers ➡ [More](#)
- ➡ Better treatment for patients as advanced paramedics prescribe medicines ➡ [More](#)
- ➡ 24-hour blood pressure monitoring 'better than one-off clinic checks' ➡ [More](#)



Would you like to share your views on;
Housing and Health?



Are you a **Voluntary Sector** professional
or a **local resident?**

If you have opinion on **health and social care services**,
we would like to hear from you.

Date: Wednesday 20th of June, 5 pm – 8 pm

Venue: Waltham Forest Resource Hub (central)

1 Russel Road London, E10 7ES

To book a place or for more information:



Info@healthwatchwalthamforest.co.uk



020 378 9990



Healthwatch_WF



<http://www.healthwatchwalthamforest.co.uk/events>

In Partnership with



Events for your diary!

Upcoming local health and social care related events.

Health and Wellbeing Board Forum

Wednesday 20th June

5pm - 8pm, Waltham Forest Resource Hub 1 Russell Road, London, E10 7ES

Come along to discuss issues around housing and health. On arrival please press the buzzer for the large training room. Light refreshments will be provided and there is limited parking on site.

Patient Participation Group Forum

Wednesday 18th July

6pm - 8pm, Waltham Forest Resource Hub, 1 Russell Road, London, E10 7ES.

Healthwatch Waltham Forest would like to invite you to the next PPG Forum. On arrival please press the buzzer for the large training room. Light refreshments will be provided and there is limited parking on site.

Food Growing Club

Every Tuesday Morning

10am, Waltham Forest Resource Hub, 1 Russell Road, London, E10 7ES.

Bakers Arms Arches Gardening Club are looking for volunteers to help look after the garden and vegetable patches at the Waltham Forest Resource Centre Garden. If you have green fingers and would like to get involved please get in touch!

To register, or for information:

 020 3078 9990 or  info@healthwatchwalthamforest.co.uk

Other Upcoming Events...

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