

## Camden Health Inequalities Forum Bulletin

The Camden Health Inequalities Forum (HIF) is run as a partnership between the voluntary and community sector, NHS Camden and L.B. Camden to contribute to tackling health inequalities and reducing the gap in morbidity (disease) and mortality for residents.

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<http://www.vac.org.uk/networks/health-inequalities/>

Previous Health Inequalities Bulletins are available on the website

### Health and Social Care Forum - 2 x Personalisation Events - July 21<sup>st</sup> / July 22<sup>nd</sup>

Please note, the next Health and Social Care Forum meeting that was due to take place on 21<sup>st</sup> July has been postponed and has been replaced by the following events:

Personalisation Workshops: In response to requests from groups for additional practical support for organisations who might be able to offer services under personalisation, VAC is organising two workshops in July. Both will be held at VAC's offices in Kentish Town Road. They are as follows:

Personalisation and BME Communities: A Workshop for Camden's BME Groups – Wed. 21 July, 9.30am – 1.30pm

Personalisation and Community Centres: A Workshop for Camden's Community Centres – Thurs. 22 July, 11am – 2pm

These workshops will focus on the Better Care Choices programme in Camden, giving groups the opportunity to explore what personalisation might mean for their service users and for their organisations – what are the implications for how services are delivered and funded, how might we need to work differently, what can we learn from the experience of other similar organisations. We will share information about what's happening next in Camden and the new Provider Framework Agreements, and will look at what further support VAC could offer groups to get prepared to engage with Better Care Choices.

These workshops will be an important opportunity for groups to get their questions answered and to plan how best their organisation might respond to the new challenges and opportunities offered by Personalisation. The sessions are open to senior staff, managers or trustees from local BME groups (21 July) and community

centres (22 July). For more information on how to book a place, or contact Katie Carleton at VAC on 020 7284 6576 ([kcarleton@vac.org.uk](mailto:kcarleton@vac.org.uk))

**FREE - Train the Trainer: Breast Health Promotion course: 14<sup>th</sup>, 21<sup>st</sup> and (optional) 28<sup>th</sup> June 2010 at 5-13 Great Suffolk Street, London, SE1 0NS**

Breast Cancer Care promotes the importance of early detection of breast cancer and provides accurate answers to questions about breast health. They believe that up to date information, based on clinical evidence, builds confidence and helps people take control of their health.

Breast Cancer Care are delivering a FREE training course which is intended for healthcare professionals and people who promote health awareness within the community or as part of their work and would like to cascade the breast awareness message. The course is designed to update your knowledge on breast awareness and enable you to talk to patients/clients about how to be breast aware and discuss breast cancer risk. The course runs for two days over two consecutive weeks. In addition, attendees are offered an optional ½ day on Health Promotion for those interested.

More information about the course visit

<http://www.breastcancercare.org.uk/server/show/nav.528>

For further information or to book a place please contact Marie Geiger on 0845 092 0809 or at [Marie.Geiger@breastcancercare.org.uk](mailto:Marie.Geiger@breastcancercare.org.uk)

**Black and Minority Ethnic Consultative Forum Meeting - July 5th 2010. The Equality Act 2010 – what does it mean for your community?**

The next BME Consultative Forum will take place on Monday 5<sup>th</sup> July 2010, from 2:00pm to 4:00pm at the Charlie Ratchford Resource Centre, Belmont Street, London NW1 8HF.

The meeting will focus on reviewing the Forum. It would be helpful to know if you will attend this forum meeting as this will help with facilitating the discussion. Please confirm your attendance by phone or email to [Cynthia.Lake@camden.gov.uk](mailto:Cynthia.Lake@camden.gov.uk) or Tel: 020 7974 2972, Fax: 020 7974 6099

However please also feel free to turn up on the day, even if you have not notified your attendance.

**Department of Health (DoH) consultation on healthcare website now live**

DoH has launched a consultation on proposals which would exempt some refused asylum seekers from these charges. To view a short film on the issues, and for other

information, visit the consultation website at <http://respondtonhscharging.wordpress.com>.

**Camden Council - Who's who in the cabinet - May 2010.**

<i>Responsibility</i>	<i>Councillor</i>	<i>Ward</i>
Leader of the Council	Nasim Ali	Regents Park
Deputy Leader with responsibility for sustainability	Angela Mason	Cantelowes
Adult social care and health	Pat Callaghan	Camden Town with Primrose Hill
Children, schools and families	Heather Johnson	Regents Park
Housing	Julian Fulbrook	Holborn and Covent Garden
Community safety	Abdul Hai	Kings Cross
Environment (and planning policy)	Sue Vincent	Holborn and Covent Garden
Culture	Tulip Siddiq	Regents Park
Resources	Theo Blackwell	Gospel Oak
Communities, regeneration and equalities	Sarah Hayward	Kings Cross

**Who's who: Chairs of Camden's scrutiny committees**

<i>Committee</i>	<i>Councillor</i>	<i>Party</i>	<i>Ward</i>
Children, Schools and Families	Lorraine Revah	Labour	Gospel Oak
Culture and Environment	Sean Birch	Labour	Gospel Oak
Health	John Bryant	Liberal Democrat	West Hampstead
Housing and Adult Social Care	Meric Apak	Labour	Kentish Town
Resources and Corporate Performance	Don Williams	Conservative	Swiss Cottage

**New - Henna's women only exercise classes**

Thursday 1-2pm: Exercise to Music with Faithlyn Strong

This is a new class for Henna to raise heart rates while strengthening and toning the body - all to music. Faithlyn has years of experience as a personal trainer, having transformed her own life through exercise, she is committed to helping others do the same.

Saturday 10- 11am: Bollywood Dance Exercise with Minila from Bollywood Grooves.

This is for women who work or have caring responsibilities. Exercise and learn new

moves to Bollywood music. A total mind body class leaving people energised and happy. Bollywood Grooves is an international professional dance company run by Minila Shah. Minila has trained as a dancer since childhood and wants to spread her love for dance to others.

For further information contact: Mamta Khanna on tel: 020 7372 9860 or e-mail: mamta\_hennaorg@yahoo.co.uk

### **Manage your stress**

Life changes such as retirement, illness, bereavement or loss of independence can be stressful as we get older. Learning to manage stress can be helpful. Charlie Ratchford Resource Centre and Camden Psychological Therapies Service are running a programme called 'Managing Stress in Later Life' to help people do just that.

The programme aims to help people manage stress and anxiety by providing:

- advice on self-help strategies so that you can recognise and manage stress
- an opportunity to talk to a qualified worker
- referral and signposting to appropriate services including activities at Charlie Ratchford Resource Centre.

To access the programme, you must be over 50 and live in Camden. For more information about the service, please call 020 7485 2968.

### **Evaluation : Supporting Older Lesbian, Gay, Bisexual and Transgendered people**

In 2009/10, the Opening Doors Project: Supporting Older Lesbian, Gay, Bisexual and Transgendered people, received a funding award from the Home Office to run two talking or counselling groups to focus on being LGB in a discriminatory world, and to provide support for those who were victims of hate crimes and had experienced discrimination, attack or abuse as a result of their sexual orientation. There was one group for women and one for men. The groups were very effective, one person said: *"This group has brought me out of the chaos I have been in for the last year. It has given me friendship"*. The clients were asked in before and after surveys about stress, anxiety, depression. All said they were less stressed. 90% were less depressed and 80% were less anxious. For more detail please read the evaluation reports on: Womens -

[http://www.ageconcerncamden.org.uk/documents/Evaluation%20Report%20on%20Older%20LGB%20Group%20Therapy%20Project%202010%20\(womens\).pdf](http://www.ageconcerncamden.org.uk/documents/Evaluation%20Report%20on%20Older%20LGB%20Group%20Therapy%20Project%202010%20(womens).pdf)

Mens -

[http://www.ageconcerncamden.org.uk/documents/Evaluation%20Report%20on%20Older%20LGB%20Group%20Therapy%20Project%202010%20\(mens\).pdf](http://www.ageconcerncamden.org.uk/documents/Evaluation%20Report%20on%20Older%20LGB%20Group%20Therapy%20Project%202010%20(mens).pdf)

### **Better Care Choices road shows**

Camden Council have organised a series of better care choices road shows to take place in June and July. The road shows are designed to give customers, providers and stakeholders the opportunity to find out more about better care choices and what it will mean for them.

Road shows are taking place across the borough and will feature:

- Information and advice about better care choices - including help for carers
- The chance for you to give your views and ask any questions
- A preview of the new better care choices film, and
- Afternoon tea, where you can talk to people who have been through better care choices and find out about their experience of it

The road shows are open to everyone in Camden and will run for two hours at each venue. People are invited to drop in at anytime. Dates and times are as follows:

22 June, 2-4pm: James Wigg Practice, 2 Bartholomew Road, London. NW5 2BX  
24 June, 2-4pm: Peckwater Centre, 6 Peckwater Street, London. NW5 2TX  
29 June, 2-4pm: James Wigg Practice, 2 Bartholomew Road, London. NW5 2BX  
1 July, 2-4pm: Camden and Islington Mental Health Foundation Trust, St Pancras Hospital, St Pancras Way, London. NW1 OPE  
6 July, 6-8pm: Swiss Cottage Library, 88 Avenue Road, London . NW3 3HA  
13 July, 2-4pm: Kingsgate Resource Centre, 208 Webheath, Palmerston Road, London. NW6 2JU  
15 July, 2-4pm: Charlie Ratchford Resource Centre, Belmont Street, London. NW1 8HF  
22 July, 2-4pm: Peckwater Centre, 6 Peckwater Street, London. NW5 2TX

For further information about the road shows or to request any of the publicity materials contact Rosie Elliott on 0207 974 6712 or [rosie.elliott@camden.gov.uk](mailto:rosie.elliott@camden.gov.uk).

<b>ACEVO Health and Social Care Conference implications for the third sector after the election, – 14 July 2010</b>
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With the new coalition government, there are likely to be several shifts in the Government's approach to health and social care (H&SC). **Andrew Lansley CBE MP, the newly appointed Secretary of State for Health, has confirmed he will be delivering a keynote speech at the conference. This will be one of his first major speeches since taking office.** The coalition programme published after the election committed the Government to "much greater involvement of independent and voluntary providers" in the provision of health services, so make sure you come along to learn about the new Government's vision for H&SC. Get a clearer understanding of what policy shifts there will be, what they mean for third sector leaders, their beneficiaries, and the partnerships that H&SC organisations may need to build in future. Visit <http://www.acevo.org.uk/hscconference> for more information.