

Please forward this newsletter to friends and colleagues who are interested in better health and social care and may want to [join LINK](#)

News from North Tyneside LINK

> **Book now for our next LINK health and wellbeing forum**

Meet your LINK reps on the health and wellbeing board and hear from Haley Hudson, North Tyneside Council, about plans for adult social care services.

Tuesday 31 January from 1.30 to 4pm at the Linskill Centre [map](#)

Find out more about the LINK health and wellbeing forum and read our report of the first forum held in November [here](#)

> **Wellbeing and mental health forum**

Share your experiences of mental health services and say how services could improve to support better mental health at our first wellbeing and mental health forum.

Tuesday 17 January from 1.30 to 3.30pm at The Meadows, Waterville Road, NE29 6BA [map](#)

Find out more about the [LINK wellbeing and mental health forum](#)

> **Did you know about our LINK on-line forum?**

Start an on-line conversation about something that is important to you or reply to messages from other LINK members through our [on-line forum](#)

And if you're on facebook you can keep up to date with LINK issues and tell us what you 'like' about LINK on our [LINK North Tyneside facebook page](#).

> **Give your experiences of personalisation to council review**

Following on from meeting with third sector LINK members in December to discuss how personalisation is working for them, the Adult Social Care and Health and Wellbeing Sub-committee would like to meet with people who have experience of personalisation.

[Find out more about the personalisation review](#)

> **Response to LINK reablement report**

Read [North Tyneside Council's response](#) to our reablement report

> **Volunteer for our enter and view team**

We are looking for more volunteers to join our enter and view team. You will attend training on what is involved and what is expected of you. Find out more about our enter and view project and fill in an application form by going to our [website](#) or contact Alison Chalmers on 0191 643 2623 or email alison.chamers@voda.org.uk

> **LINK Board**

The next meeting of the LINK board is on Tuesday 24 January at the Shiremoor Centre, all members are welcome to attend.

Please email link@voda.org.uk or call 0191 643 2623 to let us know you are coming. This helps when we confirm bookings for room and refreshments.

News from the health and social care sector

> Carer information session for learning disability services

North Tyneside Council held two events to talk about the future plans and thinking for learning disability services in December 2011. This follow-up session is for people who care for adults or young people with a learning disability in North Tyneside.

25 January 2012 from 3 to 5pm

The Riverside Centre, Minton Lane, North Shields.

Please contact natalie.carr@northtyneside.gov.uk or phone on 0191 643 6451 to book. Please let Natalie know if you have specific access or communication requirements.

> Your views are needed for NHS Quality Accounts

Northumbria Healthcare NHS Trust is preparing its quality accounts and wants to hear the views of LINK members.

[Go to the survey for LINK members](#)

> New website for Northumbria Healthcare NHS Trust

Take a look at Northumbria Healthcare's new [website](#)

> New date for Local HealthWatch

Andrew Lansley, Secretary of State for Health announced on 3 January that local authorities and LINKs would have until April 2013 to work with local health experts and volunteers to establish their local HealthWatch.

[Read more](#)

> Keep up to date with national plans for HealthWatch

Read notes of HealthWatch planning meetings on the Care Quality Commission (CQC) website and join the on-line HealthWatch forum

[Go to CQC website for more information](#)

> Do we get value for money from the Care Quality Commission?

The National Audit Office said the CQC had a difficult task in establishing itself and has not so far achieved value for money in regulating the quality and safety of health and adult social care in England in their report published in December 2011.

[Read the report](#)

[Read the CQC response](#)

> CQC newsletter for LINKs

News from CQC including updates on LINK and HealthWatch

[Read the December 2011 newsletter from CQC](#)

> Facts about the new public health systems

The Department of Health has published fact sheets explaining the roles and responsibilities of local authorities for public health.

[Read the fact sheets](#)

> **Developing standards for pharmacy premises**

The General Pharmaceutical Council is asking for views on the standards for registered pharmacy premises. [Find out more](#)

> **Health survey for England**

The latest health survey for England focuses on respiratory health. [Find out more](#)

> **NICE consultations**

The National Institute for Health and Clinical Excellence (NICE) is consulting on a wide range of topics and issues including autism in adults. [Find out more](#)

If you are interested in getting involved in future NICE consultations or joining a NICE working group go to the [patient and public involvement area of the NICE website](#)

Local news round up

> **Managing anxiety, low mood and stress**

Courses, support and self-help, enrol yourself or ask your GP for a referral.

[See the programme for January to March 2012](#)

> **Mental health forum**

Tuesday 7 February from 1 to 2.30pm at the Linskill Centre

Hear more about changes to adult social care services from Scott Woodhouse, North Tyneside Council. For more information about the forum and mental health support groups in North Tyneside email jane.linda.noble@googlemail.com or phone Jane on 07912 991391.

> **Walking in their shoes - free training**

This 2 hour interactive training course delivered by Them Wifies will raise awareness of the issues facing young people and their families seeking asylum.

[Find out more](#)

> **Healthy community awards 2012**

Are you a community group with no paid workers?

Does your group improve health and well-being for residents of North Tyneside?

For example

- Involved in physical activity or healthy eating
- Supporting others in a group environment
- Promoting emotional health and wellbeing
- Giving babies or toddlers a good start to life
- Smoking, tobacco and substance control

To find out more about the healthy community awards contact Paula on 0191 295 4233 or email paula.chcf@btinternet.com

Closing date for application forms to be returned is 5 March 2012

> **Volunteer opportunities with FANE (Friends Action North East)**

FANE are looking for friendship builders (volunteer friendship mentors) and computer input and social network volunteers. Contact Jay Hare on 0191 231 4327 or email

jay@friendsaction.co.uk or go to www.friendsaction.co.uk

> **Acting for Stage Academy**

Developing your acting skills and take part in a play with Twisting Ducks acting academy, starts Friday 17 February, cost £6.50 per hour. [Find out more](#)

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For more information about North Tyneside LINK visit our [website](#) or phone 0191 643 2623. Find us on [facebook](#) search for LINK North Tyneside

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