



## Slough residents tell us What Matters Most when it comes to health and social care services

We asked residents across East Berkshire to tell us What Matters Most when it comes to their health and social care services. We ran the survey from March to May and 101 Slough residents shared their views with us. The report highlights areas for concern as well as positive experiences of our local health and care services.

We asked which services people thought Healthwatch Slough should focus on in the coming year and the results were:

36% said GP Services

18% said Access to Services

17% said Mental Health Services

Thank you to everyone who participated in the survey and shared their voice with us. Our next steps will involve further projects looking closer into Slough residents' comments and experiences of local health and social care services.

[Read full report](#)

## Healthwatch News



### REPORT:

[Healthwatch England](#) has launched the [Locked Out: Digitally excluded people's experience of remote GP appointments](#) report. Working with five local Healthwatch, Healthwatch England spoke to people more likely to experience digital exclusion, to understand how this has affected their access to care during the pandemic.

### Key report findings

- People are digitally excluded for various reasons including digital skill level, affordability of technology, disabilities, or language barriers.
- Services frequently overlooked individual support requirements.
- There's no one size fits all solution when it comes to remote appointments.
- Staff at GP Practices acknowledged that a better balance between face-to-face and remote methods is needed.

[Read the report in full](#)



### REPORT:

#### VacciNation: Exploring vaccine confidence

Healthwatch England's new research explores vaccine confidence amongst people from African, Bangladeshi, Caribbean, and Pakistani backgrounds. [Find out more.](#)

### Become a Healthwatch Board Member.

We are looking for people with relevant knowledge and experience and a commitment to want to see better outcomes in health and care for the residents of Slough. [Find out more.](#)

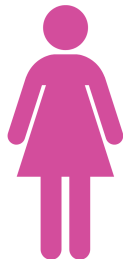


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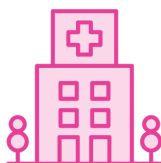
## East Berkshire News

How to stay safe sexually and avoid STIs: Berkshire's Public Health team has launched a new campaign to help educate people on why it's essential to 'stay safe sexually' by avoiding STIs (Sexually Transmitted Infections) and in particular, HIV (Human Immunodeficiency

STAY  
SAFE



Berkshire Women's Aid: If you are experiencing abuse at home or in a relationship contact Berkshire Women's Aid Helpline.  
Tel: 0118 950 4003



Pioneering radiotherapy technology, which will revolutionise the way some cancer patients are treated, is being launched at the Berkshire Cancer Centre (BCC), based at Reading's Royal Berkshire NHS Foundation Trust (RBFT). [Find out more.](#)

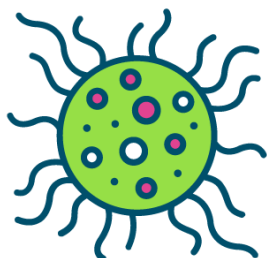
## Slough News



There are two types of covid testing being offered to residents in Slough:

1. Tests for people with no symptoms - mass rapid testing
2. [Tests for people with symptoms - PCR testing](#)

For more information [click here](#). For information and locations for mass rapid testing [click here](#).



The Delta variant otherwise known as B.1.167.2 or VOC 21Apr-02, first identified in India is now the most common type of Covid-19 in England. We know it is more transmissible than our previously most common Alpha variant otherwise known as B.1.117, VOC 10Dec-01, first identified in Kent. You can keep track of Covid rates in Slough [here](#).

Get advice, resources, stories and links to educate, inspire and assist you in reaching your goals, whatever they may be. Small changes, big results. Making positive change needn't mean uprooting your entire life and routine. [Find out more.](#)



The #OneSlough Community Champions network empowers Slough residents to remain up to date with the latest advice about COVID-19. The #OneSlough Team will keep you informed of the latest advice and guidance direct from Public Health Slough so that you can help your family, friends and other community members to make sense of the latest facts about the virus. [Find out more here.](#)

Co-production in Slough: Please come along to the lunch-time virtual celebratory open event to mark National Coproduction week on Wednesday 7th of July at 12:30 to 2pm.

Joining instructions: <https://bluejeans.com/7568440104/8262>

Please confirm you will be attending by emailing [beinvolved@slough.co.uk](mailto:beinvolved@slough.co.uk)



## Other News



The Care Quality Commission (CQC) - The independent regulator of health and social care in England has launched an online resource to support culturally appropriate care. It has examples and good practice to help care providers think about different ways people's culture might affect the way they wish to receive their care and support. [Find out more here.](#)

Living well with bowel cancer event. Saturday 19 June 2021 10.30am - 2pm. Free virtual information and support event is for anyone affected by bowel cancer. Patients will hear about how to cope with their cancer diagnosis, live better with the disease and managing the side effects of treatment. It's an opportunity to also hear from other people affected



Please remember if you are doing regular Lateral Flow Tests (LFTs) at home and you test positive, you must follow this result up with a confirmatory PCR test. PCR testing remains the 'Gold Standard' for testing, as the Lateral Flow Tests cannot be completely relied upon. Getting a PCR test will help the contact tracing effort and variant testing in your county. You can book a PCR test by calling 119 OR [book here](#).



First Aid Training June 22nd - Tuesday at 11.30am. An interactive workshop, run by the British Red Cross, where you will learn four first aid skills and have the opportunity to ask questions. The aim is to build confidence so you can help someone in a first aid emergency, using everyday objects that you have around you. [Book here](#).

Contact us: 0300 0120184 - 10am to 4pm



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