

Healthwatch Slough February Newsletter

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Welcome!

Welcome to our first newsletter for the new Healthwatch service for Bracknell Forest, Windsor, Ascot and Maidenhead and Slough. We hope that our new collaborative approach to Healthwatch will help us do more to influence local health and care services, while keeping a strong focus on the needs of local communities. Never have health and care services been so important or your experiences of looking after yourself and your loved ones and getting care and support mattered so much. There are lots of ways you can get involved with our work - from picking up the phone to share an experience you've had of accessing health services or volunteering to join our local leadership boards - we look forward to working with and for you.

Emma Leatherbarrow, Director Help and Care

Working together in East Berkshire

Bracknell Forest) are all working together to ensure that everyone in East Berkshire can have a say in how their health and care services are delivered.

New contact details

We have a single phone number for all three Healthwatch areas, which can be contacted between 10am and 4pm on weekdays. [Meet the team.](#)

0300 0120184 - when you connect you will be asked which Healthwatch you want to speak to.

Slough: enquiries@healthwatchslough.co.uk

Windsor, Ascot and Maidenhead: info@healthwatchwam.co.uk

Bracknell Forest: info@healthwatchbracknellforest.co.uk

Focus on recruitment - Make a difference to health and care services

Healthwatch East Berkshire is looking for people with a passion for health and social care services to join its [Local Leadership Boards](#) (LLB). The three Healthwatch areas within East Berkshire will have their own separate board.

Our LLB Boards are the driving force behind Healthwatch East Berkshire's commitment to ensure the voices of local communities are heard by those who run, plan and regulate health and social care services in the county. Applications are now open for new members, Chairs and Vice Chairs.

If you would like an informal chat about the role please email emma.leatherbarrow@helpandcare.org.uk.

For more information and to apply, please visit www.helpandcare.org.uk/work-with-us/vacancies

What we are working on



We have links on our [websites](#) to help you find the latest coronavirus vaccine information as well as answers to frequently asked questions.



Staying well in the winter campaign

We have developed a [Staying Well in Winter page](#). Here you can find useful sources of support, advice and local information about relevant topics including loneliness, mental wellbeing, domestic violence and physical health.



Access to NHS services

We also have a [website](#) offering guidance to patients who need NHS support, which is not Covid-19-related. It is important to continue to access medical care as appropriate.



Health priorities for 2021

We want to know what the health priorities of residents in Slough are for the next year, and what health and care issues need resolving first. If you are interested in taking part, please visit our [website](#) shortly for further details.

Health news from around East Berkshire

East Berkshire Young Health Champions project recognition

East Berkshire's 'Young Health Champions' project has been shortlisted for The Partnership Working Award in this year's Children and Young People Now Awards.

This nationwide project is an initiative accredited by the Royal Society of Public Health. It aims to give young people the skills, knowledge and confidence to act as peer educators and make their voice heard around health and wellbeing issues.

This year the Awards will be celebrated with an extra special virtual ceremony on 4 March 2021. We wish them the best of luck! [Find out more here.](#)

Health Campaigns



'Help Us, Help You' lung cancer NHS campaign

A cough lasting longer than three weeks, with a negative COVID-19 result, could be a sign of lung cancer. Although this may not lead to something serious, it could indicate the need for treatment. Early cancer diagnosis leads to early treatment which can save lives. Those who are experiencing this type of cough are encouraged to contact their GP practice. [Find out more.](#)

Reach out to us: 0300 0120184 - 10am to 4pm

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