

Healthwatch Slough July Newsletter

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## Healthwatch Slough Annual Report

It has been a year of change for all of us and at Slough we adapted to new ways of working during the Covid-19 pandemic, along with many other organisations. Much of our planned public engagement and visits to services paused and we delivered an increased focus on providing advice, signposting and digital engagement.

[Download the report](#)

## Healthwatch News



### Healthwatch England Reports:

Locked out: Digitally excluded people's experiences of remote GP appointments. [Download the report here.](#)

Equalities, Diversity and Inclusion - Our plan for 2021-22. [Download the report here.](#)

Our What Matters Most Report is available to download from our website. The report, based on a survey held between March and May, highlights the key issues which Slough residents are concerned about when it comes to health and social care. [Read the full report here.](#)



### 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.](#)

## Slough News



Get your team together to raise money for your charity at the [Slough Together Walk](#) on the 28th of August. Click [here](#) to register and for more information.



Slough Borough Council pauses non-essential spending following Section 114 notice, this has happened in response to a report by the Director of Finance into the state of the council's finances. Find out more [here](#).



### Thriving Communities Project:

Are you feeling vulnerable, isolated or anxious? Join the Painting and Drawing free 6 week course. Materials are provided.

Course 1: Tuesday 24th August - Tuesday 28th of September.

Course 2: Tuesday 9th November - Tuesday 14th December.

Venue: Suite 3, Gallery Level, Observatory Shopping Centre, SL1 1LN.

To take part in the Thriving Communities Project

email: [wellbeingteam@sloughcvs.org.uk](mailto:wellbeingteam@sloughcvs.org.uk) or speak to your GP or Social

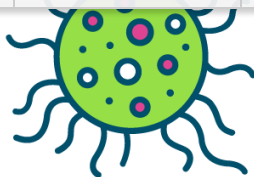
Prescriber. Find out what else Slough CVS has in store then check out their events calendar [here](#).

## East Berkshire News



Buckinghamshire Mind, in partnership with Berkshire Healthcare NHS Foundation Trust, has launched new elements to mental health service provision in East Berkshire. The Friends in Need (FiN) peer support service, facilitated by Buckinghamshire Mind across Bracknell, Slough, Windsor, Ascot, and Maidenhead, is expanding to offer additional tailored groups. Find out more [here](#).

The latest COVID-19 data from Berkshire Public Health is available on



If you are pregnant or have recently had a baby, you can join Mum Zone's FREE virtual exercise classes. For more info, email [mumszone@getberkshireactive.org](mailto:mumszone@getberkshireactive.org) or visit the [Mums' Zone](#) Facebook Page



If you need medical help but it's not a life-threatening emergency, call 111. Depending on your needs your advisor will either book you a time slot at the Royal Berkshire Hospital Emergency Department or at the best local service to suit your healthcare needs. This will help keep you safe and maintain social distancing. [Find out more about Think 111 First!](#)

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## Other News



Samaritans Campaign - 24th of July

Whether you are feeling anxious about lockdown ending, or know someone who is struggling to cope, you are not alone. Mental health is an important aspect of our wellbeing and it's important to find help if you need it. Healthwatch Slough is proud to support The Samaritans Talk To Us #WeListen campaign. [Find out more here.](#)



World Hepatitis Day - 28th of July

Hepatitis is a condition affecting millions of people worldwide and any delay to diagnosis can have a severe impact. [Find out more here.](#)

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Contact us: 0300 0120184 - 10am to 4pm

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