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Public event drives LINK work

On 23rd September, the LINK co-hosted an event with the Health & Wellbeing Partnership looking at the health and social care priorities in Stockport which was attended by 152 people.

The event was opened by LINK Chair John Leach, who introduced the day and invited on stage Duncan Welldrake, Public Health Specialist, NHS Stockport to talk about the priority issues for children and young people. Duncan was followed by Jane Rossini, Deputy Director of Public Health, Stockport Council who spoke about the priority issues for adults. Mark Warren, Service Manager, Older People's Services, Stockport Council then spoke about the priorities for older people.

Steve Watkins, Director of Public Health then summarized the points made during the presentations. Those in attendance, who included LINK members, professionals and members of the public were then given the chance to ask the speakers any questions during their question panel.

Find out more on page 3.



Joyce Drummond
Editor and lead on
Publicity & Promotion
Subgroup

Hello everyone and welcome to Autumn. Yes the schools are back, the leaves are falling and it's not far off Christmas.

But before that happy event we have lots of activities happening at the LINK. In the past few weeks I have been very busy. I visited Walthew House on their open day (more details on page 10). The LINK had a special day at the Town Hall on 23rd

September co-hosted with the Health & Wellbeing Partnership. You can read about this on the opposite page.

Steve Watkins, the Director of Public Health visited the LINK in August, we have a summary of his talk on page 4. Also on page 4, we update you on our work on discharge procedures, if you have had a stay in hospital in the last 12 months, then you can request a questionnaire and let us know of your experiences.

On page 5, we talk about the cost of NHS services and Transforming Community services as well as speakers in the next few months.

I hope you all received your GP questionnaire and remembered to return them. If you would like to fill one out, then go to page 6 to find out more.

Find out more about the new Government White Paper "Liberating the NHS" and how it affects your health and social care services and the LINK itself on page 7.

On page 8 read about the dementia peer support network in Stockport as well as tips on how to stay safe during Halloween. On page 9, we have an update from the fire service as well as information on illegal tobacco and a reminder of the NHS Stockport's Choose Well campaign.

On page 10, we have information about Stockport NHS Foundation Trust's latest work as well as report on their open day.

As always, local events are on page 11.

I hope you enjoy this Newsletter and I will see you in December. Don't forget you can add us on facebook or follow us on twitter, just search 'Stockport LINK' on facebook and visit www.twitter.com/StockportLINK on twitter.

Joyce Drummond

Editor and lead on Publicity
& Promotion Sub-group

What is the Stockport LINK?

The LINK is a network of many groups and individuals across Stockport coming together to feedback on health and social care services. We ask people what they think about local health and social care services and provide a chance to suggest and improve them.

Anybody can join the LINK, which is made up of Stockport residents and regularly gets feedback from the community. This means that the LINK focuses on what is important for the community.

The LINK have the power to ask providers and commissioners for information about services and expect a response, make recommendations to providers and commissioners and expect a response and refer matters to the Scrutiny Committee of the Local Authority.

If you want to join the LINK please call **0161 477 8479**. Signing up to the LINK in one way does not mean that somewhere along the way you can't decide to change or look at other opportunities. Members can be involved in more than one type of activity and as much or as little as they want.



LINK event asks public their views

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[Continued from front page] After the question panel, LINK Development Manager Maria Kildunne introduced a video made by LINK members on the contribution of the public and the LINK.

After lunch, attendees were invited to join workshops on the four life stages identified during the presentations. The first workshops focused on either Young People or Adults of Working Age. Attendees discussed the issues arising around the health and social care of people in these age groups as well as wider issues around the care in Stockport.



Children	Young People
<ul style="list-style-type: none"> • Reducing levels of smoking in pregnancy • Supporting vulnerable young families to have positive health • Reducing the number of childhood accidents • Increasing the capacity of parents to deal with minor ailments and accidents • Reducing levels of child obesity 	<ul style="list-style-type: none"> • Reducing the number & rate of teenage conceptions • Increasing rates of breastfeeding • Promoting good sexual health • Reducing the number of young people who start to smoke • Reducing alcohol consumption, focusing on binge drinking

After a break, attendees were invited to join a workshop on either Children or Older People, where issues pertaining to each group were discussed in detail. Some of the draft priorities identified were as follows:

Adults	Older People
<ul style="list-style-type: none"> • Promoting mental wellbeing • Preventing or detecting early cancer • Identifying patients with undiagnosed long term conditions • Reducing alcohol consumption, focusing on hazardous drinking • Reducing levels of obesity 	<ul style="list-style-type: none"> • Promoting healthy ageing • Identifying patients with undiagnosed long term conditions • Preventing early deaths or disability from circulatory disease • Promoting the early detection and effective services for dementia • Promoting choice at the end of life • Preventing the harm resulting from falls

The event was closed by Councillor John Pantall, Executive Member for Adults & Health, Stockport Council, who thanked everybody for coming to the event and invited them to complete feedback forms to identify issues they would like to be involved in tackling.

LINK member Gerry Wright, who attended the event said, *“I thought it was a very well organised event and well attended, the idea of getting all the information in the morning followed by public participation in the afternoon meant everybody got their say.”*

The workshops in the afternoon will be added to the priorities for the Health & Wellbeing Partnership’s JSNA work (Joint Strategic Needs Assessment) as well as helping to drive the work of the LINK. The JSNA looks at the needs of the community and where issues and areas of concern are. The data collected for the JSNA includes ‘hard’ data, mostly statistics; and ‘soft data’, which are the views of local people. The Stockport LINK will take the information identified by the local people who attended the event to help to decide and drive their work programmes.

Everyone who attended the event will receive a copy of the report when completed and the main priorities will be reported in this Newsletter. If you would like a copy of the report, please contact the LINK, details on the back page.





Introduction to Public Health

presented by Dr Steve Watkins, Director of Public Health, Stockport

"Public Health has existed in some form since the mid 19th Century and its role is to improve the health of Stockport. I see myself as the Doctor to the Town, my patient is the whole of Stockport."

When Dr Watkins started in the post of Director of Public Health 20 years ago, Stockport was only 10% worse than the national average but still one of the best boroughs health-wise in the North West. Now, 20 years later, Stockport's health is similar to that of the national average. However, Stockport still falters in the life expectancy of people in deprived areas. This is the biggest Public Health problem facing Stockport today.



There are 4 main thoughts on how to tackle the problems:

- 1) **Screening and vaccination programmes.** This works well around problems such as infections and diseases. It does not work for tackling lifestyle problems such as obesity and alcohol.
- 2) **Support Services to help change lifestyles.** This works well with smoking and can help with other lifestyle problems such as drinking.
- 3) **Cultural Determinance.** This is around tackling peer pressure and trends that develop in society. It can be shown that behaviours like obesity, smoking, alcohol move like infection does. Obese people have obese friends and drinkers are friends with drinkers.

"Most people, most of the time do what they think is normal. It is what people will do."

- 4) **Legislation.** By using law to persuade people to change their behaviour, the Government can make it difficult for people to effect their own health. For example, this was done with the smoking ban and is now being looked into around the minimum unit price for alcohol.

The LINK Discharge Procedure task group is coming on leaps and bounds.

The group have now completed their first round of preliminary research. Between late April and early August the group have collected data from the public on their experiences of hospital discharges. Over the 4 months, the LINK spoke to over 100 people on their hospital discharges and 71 people agreed to complete our feedback boards. The boards asked people what they thought of the communication between the hospital and patient. The group found that 47.1% people were either unhappy or very unhappy with the communication they received before treatment, 30.5% were unhappy during their stay and 38.6% were unhappy after discharge. These figures support those publicised in the Picker Institute's Inpatient Survey 2008, which showed that 39% of people discharged did not feel involved in decisions around discharge.

The group have also been in contact with many people involved in the safe discharge of people from hospital including service managers from Stepping Hill NHS Foundation Trust, Stockport Adult Social Care and NHS Stockport.



So far the group have received a positive response from the service providers, with many supporting the work of the group.

The group have designed a questionnaire to ask people about their experiences of discharge from hospital. If you would like a copy of this questionnaire, please get in contact with the LINK, details can be found on the back page.

The group hope to have made their suggestions by the end of the year with the ultimate aim in bringing safer and more satisfactory discharges for people in Stockport who have a stay in hospital.

NHS Costs for services



In the last Newsletter we published the cost of different services to the NHS. Since publication, we have received clearer figures around this. The following figures are how much it costs the NHS when a patient visits the following services. This shows how important it is for the patient to make the right choice when deciding where to go to get treated.

Approximately, it costs the NHS...

£25 when a patient visits the GP

£59 for a visit to A & E with no treatment

£87 for a visit to A & E with treatment

£117 for someone in A & E to have an x-ray

£600+ if a patient is admitted to undergo treatment/further tests



Service providers visit LINK briefing session

At the next LINK Briefing on Wednesday 20th October, Hadrian Collier from Commissioning Business Services will be visiting the LINK to talk about the service development of National Patient Transport Services and the introduction of the eligibility criteria for all patients in the North West. Gaynor Mullins, Deputy Chief Executive and Director of Primary Care and Partnerships will follow Hadrian's session. Gaynor and her team develops and commissions primary care services. This includes developing new services such as Integrated Clinical Assessment Treatment Services, commissioning Mental Health services and services for children and older people. Gaynor will be coming along to the briefing session to give the LINK an update about developments within primary care. The briefing sessions are open to all LINK members who wish to attend, however please contact the LINK Support Team to confirm in order for them to accommodate everyone.

Transforming Community services

Outlined in the Department of Health's requirements for the running of the NHS in the coming year all NHS Primary Care Trusts will have to separate their commissioning services from their provider services by 31st March 2011. This means in Stockport that Community Health Stockport which provides community health services such as district nursing and health visiting will have to become a separate entity to that of the Commissioning arm of the Primary Care Trust.

This Government directive came before the change in Government and is supported by the current coalition Government and NHS Stockport have been working on the transforming of these services for the last 18 months with 80% of the services being integrated with Stockport Council and 20% integrated with Stockport Foundation Trust (Stepping Hill). However with the introduction of the White Paper in July this year, and after a thorough assessment, Stockport Council no longer see this integration as something they can take on. This has meant NHS Stockport has had to review their options and alternatives. They are now exploring two alternatives, the first is that The Foundation Trust takes on all community services and secondly Community Health Services becomes an independent entity in the name of a Social Enterprise in partnership with GPs and Stockport Council to deliver benefits to the communities of Stockport.

However the Government is still insistent that this integration takes place by March 31st 2011. The LINK has been involved with these discussions but feels however the timescales set by central Government is too short and therefore has written to Parliament to urge them to reconsider the timescale so that *transformation* of services happens rather than a *transfer* of services. If you have any views and thoughts about this please contact the LINK support office.

Link success for Hearing Aid



Following feedback from LINK members and the community, members of the LINK formed a task group to look at repair times for Hearing Aids.

In October 2009 the NHS waiting times for new digital hearing aids seemed to be no longer a problem for patients. However, the long waiting times for routine maintenance, like tube replacement and minor repairs, to hearing aids proved to be a significant problem for the deaf and hard of hearing. This was particularly evident where the NHS had sub-contracted the work to the David Ormerod organisation. The waiting times were then on average 15 working days.

Two LINK members, Clem Beaumont and Joyce Drummond, both hearing aid users of the service provided by Ormerods, set up a small task group to investigate this problem. They began to meet with the PCT Audiology Commissioner at the end of October last year. They set target dates to review and monitor the situation, with the result that the PCT agreed with Ormerods to set up weekly feedback information on waiting times by March 2010. This revealed a steady reduction at first, leading to a significant reduction by July 2010 to an average of 7 working days. An independent check by the LINK at the end of September 2010 revealed that this average waiting time was being maintained. Clem and Joyce from the LINK and the PCT Audiology Commissioner's office worked persistently and harmoniously together throughout to achieve this significant reduction in waiting times from 15 working days to 7 working days from Ormerods.

LINK announce GP Questionnaires



Following public feedback the Health & Care Forum - a subgroup of the LINK - have designed a questionnaire looking at access to your GP Surgery. The questionnaire has now gone out to all LINK members. If you would like any extra copies for your friends or family, then please get in contact (details on the back page) and we will send you as many as you like.

Look after yourself with prescriptions

NHS Stockport is working with local doctors to reduce the amount spent on medicines each year. They are asking you to think about the medicines you take:-

- Let your doctor know if you don't need it.
- Let your doctor know if you don't need so much of it.
- Let your doctor know if you don't use it anymore.
- Tell your doctor if you have problems taking it.
- Ask your doctor/pharmacist for a medicine use review.
- Ask your doctor if there is a more cost effective drug you could be taking.
- Only order the medicines that you need when you need them.
- Think about ways of improving your lifestyle, for example, if you stopped smoking, you might not need asthma inhalers.
- Remember, there is no such thing as a free prescription.



Big changes ahead for LINKs



In July 2010 the Government released a White Paper called *Liberating the NHS*. The White Paper outlines several changes that may affect the way your local LINK is run.

The LINK Core Group have been studying the White Paper and here are the main points to the proposal:

Currently, the LINK has the power to:

- Promote patient and public involvement and to seek views on services to be fed back into the local commissioning of services.
- Enter & View places where care takes place to view the quality of care.
- Comment on changes to services & make suggestions for improvement.

In the new White Paper it is proposed that LINK will become the new HealthWatch and will:

- Become the local consumer champion for health and social care.
- Be supported by a National HealthWatch.
- Provide signposting function to other organisations.
- Provide a complaints advocacy service.
- Support individuals to exercise choice, for example helping choose a GP of their choice.
- Have continued rights to visit provider services.
- Be funded by local authorities.

The LINK Core Group agree that if LINK becomes HealthWatch they should continue to have a formal role in seeking patient views on health and social care services, as the LINK does now. The group believe that if HealthWatch carries out the extra responsibilities outlined above then it needs to be done in partnership with what already exists locally in Stockport. They feel that HealthWatch should be the umbrella organisation for these responsibilities. The group would like to ensure the skills and expertise of local organisations such as PALS (Patient Advice and Liaison Service) are not lost.

The Core Group also believe that HealthWatch should be a one stop for people to air concerns, comments, suggestions for improvement and complaints. People should be able to have their issues dealt with without being passed from one organisation to another. The group firmly believe that in order to address any conflict of interests, local authorities need to fund a local and independent support organisation to support HealthWatch, as is currently the case with LINK, without interference and self interest by local government and other organisations.

The group also feel that GPs need to work more closely with HealthWatch to ensure patient and public views are at the centre of their care .

As well as HealthWatch, the paper also discussed other major proposed changes to the Health care system in England.

- Improving the quality of care will become the main purpose of the NHS.
- Services will be more responsive to patients and designed around them, rather than patients having to fit around services. The principle will be in 'no decisions about me without me'.
- Patients will be able to choose which GP practice they register with, regardless of where they live, and choose between consultant-led teams.
- Groups of GPs will be given freedom and responsibility for commissioning care for their local communities. Strategic Health Authorities and Primary Care Trusts will be phased out.
- Services will be more joined up, supported by a new role for Local Authorities to support integration across health and social care.
- Management costs will be reduced so that as much resource as possible supports frontline services.



Dementia peer support update

It's now 12 months since Stockport was announced as one of the pilot sites for peer support for people with dementia and their carers. The project is funded by the Department of Health and Stockport is one of 18 sites in England testing out peer support.

This project brings together people who have or care for someone with dementia so they can support each other and share their knowledge and experience. The last 12 months have been busy. The theme of Stockport's bid was 'variety for all' and true to the name Stockport has 3 distinct peer support projects.



One of Stockport's peer support groups is called EDUCATE which stands for Early Dementia Users Co-operative Aiming to Educate. EDUCATE is a group of people with dementia who attend training sessions, meetings, workshops and conferences to talk about their experiences of having dementia to professionals and the general public. In this way they help to raise awareness, improve understanding of what it is like to have dementia and suggest ways people can support them. Members of EDUCATE have already been involved in many high profile events and are proving to be very successful advocates for improving dementia services. They

are also a great group of people and well worth listening to if you get the chance.

Stockport also has a virtual peer support group. This is a small group of people with dementia and their family carers who are testing out the benefits of supporting each other 'virtually' via the internet. Each family has been given a touch screen computer and can contact each other using a live video link. Although most of the group are computer users, that's not the case for everyone. For some they are learning a new skill.

Stockport is also trialling user-led peer support. This project is managed by staff from Age Concern Stockport who invite people with dementia and their carers to tell them what type of peer support they would like and then help to set this up. So far they have set up a couple of walk and talk groups and a singing group. In the near future they are hoping to set up memory cafés and groups for people with young onset dementia and people from Black and Minority Ethnic Communities. The project is about people supporting each other while spending time on what they enjoy.

The Department of Health pilot is running until end of March 2011. For more information about Stockport's projects please contact:

For EDUCATE, call Sally Mendham at sally.mendham@nhs.net, for the Virtual Peer Support Group, email Maureen Hughes at maureen.hughes@stockport.gov.uk and for the User-led Peer Support, email Andy Graham on grahama@ageconcernstockport.org.uk or Janet Mitchell on mitchellj@ageconcernstockport.org.uk

Staying safe on Halloween



With Halloween coming up, the LINK hopes that you enjoy yourself and have fun. Here are a few tips to make sure that you have the most fun without any problems:

For Trick or Treaters:

- When out trick or treating, get your children to wear bright clothes or reflective patches if their costume is dark and remember road safety advice.
- Make sure an adult accompanies children, if children are older, then make sure they follow a pre-arranged well-lit route and know what time they are expected home.

For the community:

- Remember, if you do not want to open the door to trick or treaters, you do not have to.
- Be selective about who you answer the door to, check who is there before opening the door.
- Using a door chain and a spy hole can make you feel safer and could prevent you being the victim of a prank or a crime.

Fire Safety Checks



Fire Service Home Fire Risk Assessments Save Lives

At 0611hrs on Sunday 18th July 2010 fire crews were mobilised to reports of a fire in a flat in Wythenshawe.

Upon arrival, crews were faced with a fire involving a flat on the ninth floor of a twelve storey block of flats. The fire was confined to the lounge area, and was started as a result of a defective television. Crews used breathing apparatus, jets, a positive pressure ventilation fan and oxygen therapy at the scene.

Some weeks ago fire crews attended the same flat and carried out a Home Fire Risk Assessment, offered fire safety and escape advice, and installed a smoke alarm. The occupants of the flat were today alerted to the presence of the fire by their smoke alarm sounding. Having followed the fire safety advice given, they had closed all doors before going to bed. The family were able to leave the property in relative safety and alert fire crews accordingly.

Free home fire safety checks are available either by telephoning **0800 555 815**, logging on to www.manchesterfire.gov.uk or by contacting your local fire station.

Get some answers about illegal tobacco



Get Some Answers is a multi agency North of England campaign to raise awareness of the problems of illegal tobacco

level, regional, national and international organised crime.

- Costs the UK between £1.7 and £3bn in lost revenue.
- Criminals are selling illegal tobacco often along with other illegal items like pornography, alcohol and pirate DVDs.

What is Illegal tobacco?

Illegal tobacco are cigarettes, hand rolling tobacco (HRT) or niche products that have been smuggled, bootlegged or are counterfeit (fake).

Why is illegal tobacco a problem?

- Illegal tobacco makes it easier for children to smoke and keeps disadvantaged communities in particular, locked into addiction.
- Illegal tobacco brings crime into the community - illegal tobacco is linked to low

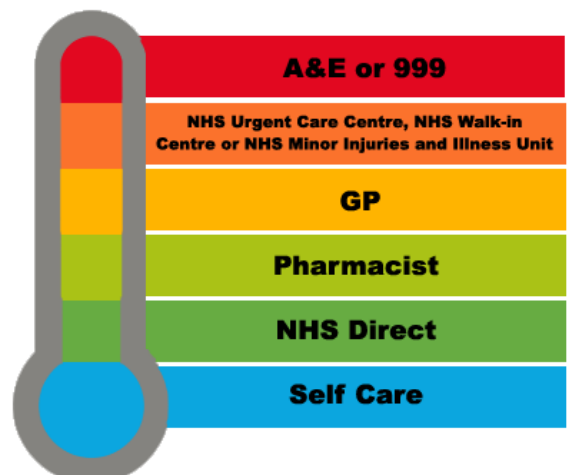
Criminals are taking advantage of communities. Hard pressed, vulnerable individuals - often young people are being recruited on smuggling missions.

If you are worried about the damage illegal tobacco is doing in your area visit:

www.get-some-answers.co.uk

NHS Stockport urges you to Choose Well

If you become unwell or are injured make sure you choose the right NHS service.





The Lifestyle Services team from Stockport NHS Foundation Trust update us on their latest work.

The Lifestyle Team comprises community and hospital stop smoking, weight management and alcohol key workers. This is coordinated by a Lifestyle Coordinator from the Foundation Trust, led by the research and project lead for the Trust, Dr Charlotte Haynes. Her research regarding health promotion in hospital was the basis for the innovative Lifestyle Service.

With the project phase of the Lifestyle Services assessment and referral process completed earlier this year, the development of the new innovative service across the Trust is starting to gain momentum. Some of the newest recruits to use the system include Magnolia Suite, D5, AMU, EAU and ward E1. By means of a planned rollout process many other of the Trust's wards and departments will also be participating in health promotion brief intervention training as well as sharing in the new, efficient assessment and referral pathways process enabling hospital patients to be delivered lifestyle advice by healthcare professionals and offered a referral to specialist key workers if desired.

Following the successful WHO conference this year, the Trust has been visited by health promoting colleagues from across the globe and continued liaison will ensure high standards of shared evidence based practice.

The Lifestyle Team has also had recent success in bidding for Innovate NOW funding to extend the secondment of the Trust based Lifestyle Coordinator and secure the post of Weight Management Key worker for one day a week for 12 months. This will ensure a quality service for inpatients presenting with overweight concerns and who want support and advice.

September brings open days

The Stockport LINK have attended two open days during September. On 22nd September, Walthew House held their open day at their premises in Shaw Heath on 25th September, Stepping Hill NHS Foundation Trust hosted their own along with their Annual General Meeting.



LINK Publicity & Promotion Lead Joyce Drummond attended the Walthew House Open Day:

"Walthew House open day was well represented and a mixture of stalls were there. The LINK had our own stall and we were upstairs. It was quiet and it was mentioned that it could have been better advertised, but on the whole it was a good day. I was able to communicate with other organisations. Lots of people were aware of the LINK and several took away the GP questionnaire."

LINK Development Officer Kirsty joined Joyce at the Stepping Hill Hospital Open Day:

"The LINK had a stall at Stepping Hill Hospital Open Day, where we spoke to many people around the health & social care services in Stockport. It is a lovely sign seeing so many people recognising the LINK and coming over to talk to us about their experiences. As well as stalls and information, the open day were also hosting entertainment in the form of Pure Radio and performances from local dance groups and live music.

The Trust's Annual General Meeting opened at 2 o'clock, with presentations from the Trust on the highlights of their Annual Report. The presentations were followed by a few amendments to the constitution - mainly around wording. There was also a presentation from LINK member David Kirk in his role as the Lead Governor of the Trust. The floor was then opened to general questions where the LINK members in attendance had a say on discharge procedures, public and patient involvement and the new White Paper 'Liberating the NHS'. The day was very successful and I look forward to next year."

Upcoming Events

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LINK Core Group dates

- About:** The LINK Core Group meet monthly to progress the work of the LINK.
- Time:** 10am - 12.30pm on Monday 1st November & Tuesday 7th December.
- Place:** Walthew House, Stockport
- Contact:** Call the LINK on **0161 477 8479** if you would like to attend. And don't forget that the LINK also holds Briefing Sessions (info on page 5)

Evidence in Action: Using the Users

- About:** Earlier this year members of the LINK took part in research around older people involved in engagement. A workshop around the results of this research is being held by Stockport Council and the LINK. The event is suitable for social care staff who have an interest in research, partner agencies and members of the LINK.
- Time:** 10am - 11.30am on Tuesday 9th Nov.
- Place:** Walthew House, Shaw Heath
- Contact:** No need to book, just show up on the day. For more information call Karen Kime on **07800 618 860** or email **Karen.kime@stockport.gov.uk**

Winter Warmth Event

- About:** Age Concern Stockport are holding their annual Winter Warmth Event. Come along to find out how to stay warm during winter with stalls and information. The LINK will be there so come along and say hello.
- Time:** 11am to 3pm on Tuesday 19th Oct.
- Place:** Stockport Plaza
- Contact:** Tina Yerex on **0161 480 1211**.



Winter Health Day

- About:** Come to Stockport Care Scheme's over 65's seasonal flu vaccination day for a free lunch, Starbucks coffee, information stands & your job.
- Time:** 10am - 1pm on Thursday 14th Oct.
- Place:** St. Andrews Church Hall, Offerton
- Contact:** Call Carol on **0161 477 8782** for more information or to book transport

Wellbeing Week

- About:** There will be loads of events happening during Wellbeing Week including free boat trips, health walks, free workshops and a big launch day in the marketplace.
- Time:** 8th - 15th October
- Place:** All over Stockport
- Contact:** Call Stockport Art Gallery on **0161 474 4453**.

Stockport LINK Xmas Meal

- About:** The LINK will be organising a Christmas meal for LINK members.
- Contact:** If you would like to join us, get in touch, contact details on the back page. All LINK members welcome.

Useful Contacts



Stockport Local Involvement Network (LINK) Support office:

To request a feedback form, let us know of any issues with health or social care services or to join the LINK. **Contact details on back page.**

For Local Advice And Guidance (FLAG):

Free, independent and impartial support and signposting to Stockport adult health and social care services. Call **0161 474 1042** or visit **www.stockportflag.org.uk** for more information.



My Care, My Choice

My Care, My Choice: Stockport Council's new adult social care website aiming to help people to live as independently as possible within the community and have a wide range of information. Call **0161 217 6029** or visit the website on **www.mycaremychoice.org.uk**



NHS Direct: For confidential health advice and information around the clock call NHS Direct on **0845 46 47** or visit **www.nhs.uk**

Contact the LINK

Stockport LINK Support Team

Labyrinth House, 45 Middle Hillgate,
Stockport SK1 3DG

Phone: 0161 477 8479

Email: links@pebbleenterprises.co.uk

Web: www.stockportlink.co.uk



Maria Kildunne: LINK Development Manager

Kirsty Bagnall: LINK Development Officer

Michelle Sheridan: LINK Support Administrator

If you would like to find out more information about joining the LINK, please get in contact and we will send you information or a membership pack.

If you are a LINK member and would like more information about writing an article for the next LINK News then let us know.

If you need this Newsletter in large print, audio tape/CD, braille or .pdf format please contact the LINK Support Team on 0161 477 8479.

如果你需要他人為你解釋這小冊子/單張的內容，我們可以提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

If you need this newsletter in another language, a free interpreting service is available from Stockport Council. Please telephone Stockport Interpreting Unit on **0161 477 9000** or email eds.admin@stockport.gov.uk

W przypadku gdybyś potrzebował pomocy odnośnie tej broszurki/ulotki, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই পুস্তিকা/প্রচার পত্রটি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোভাষীর ব্যবস্থা করা হতে পারে। মেহেরবানী করে স্টকপোর্ট ইন্টারপ্রিটিং ইউনিটে ফোন করুন টেলিফোন নম্বর, 0161 477 9000.

اگر آپ کو اس کتابچے/الغٹ کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹرپرائزنگ یونٹ کو 0161 477 9000 پر فون کریں۔

خدمات ترجمہ رایگان این نشریہ/کتابچہ در صورت نیاز موجود میباشد. لطفا با شماره تلفن 0161 477 9000 با واحد ترجمہ (اینترپرائزنگ یونیت) ما تماس بگیرید.

تنوفر خدمة ترجمة شفوية انا تطلب مساعدة في فهم هذا الكتيب/النشرة. نرجو الاتصال اربن رينيول على رقم الهاتف: 0161 477 9000