

*Thinking Differently*

**NHS**  
**Dudley**  
Clinical Commissioning Group

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# Engagement Newsletter

## March 2018

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Hello,

A spring welcome from the Engagement team here at Dudley CCG. We hope you are all keeping well and looking forward to some warmer weather (after the Easter break!) We have a few items we would like to share with you all;

1. Easter opening times - Pharmacy
  2. Community Information event
  3. Working age dementia cafe
  4. Dudley Talking Therapy service
  5. BCNA Question Time Forum
  6. West Midlands Pensioners convention
  7. 'The Haven' by Home Matters
  8. 'How to spot a loan shark' workshops
  9. Dudley Parent Carer forum newsletter
  10. Upcoming events & activities
  11. Items for your calendar
  12. Contact Information
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## Easter opening times

Please find [attached here the pharmacy opening times for Easter](#).

Feel free to share these with your networks.

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## Community Information Event

**FREE EVENT!**

**Wednesday, 11 April 2018**

Drop in between 10.00 am and 3.00 pm

DY1 building, Stafford Street, Dudley, DY1 1RT

Grab a free cuppa and browse information stands

Open to members of the public and professionals

Information about local services and groups

Free health checks

Network with Community Information Champions

**For more information call 03000 111 001 or email**

[hello@healthwatchdudley.co.uk](mailto:hello@healthwatchdudley.co.uk)

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## Working age dementia cafe

Please [find the poster attached here](#) advertising the working age dementia cafe at

Queen's cross network.

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# Dudley Talking Therapy Service

*Dudley Talking Therapy Service, enabling you to get back to the things you enjoy.*

People often experience changes in mood or behaviour at various points in their life, however, when those thoughts or feelings occur more often sometimes we need a helping hand to get us back on track.

Dudley Talking Therapy is a free NHS service that supports individuals who are experiencing common problems such as anxiety, depression, low mood, panic or phobias on a regular basis.

Our team of highly experienced therapists provide a range of psychological therapies to help people get back to enjoying the most from their life. We will work with you to recommend the most appropriate care for you. This might include:

- One to one support
- Group or individual therapy
- Wellbeing workshops
- Computerised cognitive behaviour therapy (CCBT)
  - Self-help and guided self-help
- Books on prescription and recommend helpful reading
  - Signposting to other helpful services

**Anyone can refer to Dudley Talking Therapy service as long as they are aged 16 or over and are registered with a Dudley GP.**

**You can self-refer online by visiting <http://www.dwmh.nhs.uk/talking-therapies/> or by calling 0800 953 0404, Monday – Friday, 9am – 4.30pm (excluding bank holidays), or alternatively your GP can refer you.**

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# Black Country Neurological Alliance

BCNA would like to share their regular cuppa and chat events.

Cafe Neuro is for anyone who knows what it's like to live with a neurological condition whether as a service user, friend, carer or worker.

Please [find the poster here](#) for Dudley, Walsall, Wolverhampton and Sandwell.

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## West Midlands Pensioners Convention

Please [find here the April issue](#) of 'The Midlands Pensioner'.

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## 'The Haven'

Please [find a poster here](#) to advertise 'The Haven' offered by Home Matters for individuals who are struggling with either their;

**Mental Health**

**Learning Disability**

**Physical Disability**

**Dementia**

**Caring role**

**For more information, please call 01384 831489**

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## Stop Loan Sharks - workshop

Please find the invite to 'How to Stop a Loan Shark' workshop. The session in Dudley will take place on Wednesday 11th April, [please click here](#) for further information and to register to attend.

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## Dudley Parent Carer Forum Update

To view the latest edition of the Dudley Parent Carer Newsletter, [please click here](#).

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**We would like to provide the opportunity to share upcoming events from PPG's and partners;**

### **Airtime**

Dudley CVS would like to share details of the support group for those with COPD which is being held every Thursday 1pm-3pm at DY1 Building, Stafford Street, Dudley, DY1 1RT.

[Airtime poster](#)

**If you would like further information, please contact Kate Green on 01384 573381 or email [buildingblocks@dudleycvs.org.uk](mailto:buildingblocks@dudleycvs.org.uk)**

### **Break Away**

Break Away is a lunch and social activity club for older people which is currently open on Mondays and Thursdays between the hours of 9am - 4pm.

Based at the Royal British Legion, Summerhill, Kingswinford, the service offers the opportunity for older people, many of which live alone to meet together, enjoy a lunch and take part in some activities.

Also available is a gentle exercise to music group which takes place on Thursday afternoons at 1.30pm. (People can attend this class without staying for the whole day)

As of 1st March 2018 the service will also be open on Friday's as well!

**Anyone interested is welcome to pop in and have a chat or can get further information by contacting Jenny Bates on 07487 404882.**

**Please remember if you would like us to advertise any of your events, you can send through information to [keren.hodgson@dudleyccg.nhs.uk](mailto:keren.hodgson@dudleyccg.nhs.uk) and your event can feature here**



#### **Board Meeting**

Thursday 10th May 2018

1pm – 3pm

Room T051, 3<sup>rd</sup> floor, BHHSCC, DY5 1RU

#### **Healthcare Forum**

Thursday 17th May 2018

4.30pm - 6.30pm

Brierley Hill Civic Hall, Brierley Hill, DY5 3DH

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**Dudley Clinical Commissioning Group  
Brierley Hill Health and Social Care Centre  
Venture Way  
West Midlands  
DY5 1RU  
Tel : 01384 321730**

**If you have any feedback about the format of these emails or suggestions for the content please let us know.**

**Or if you would prefer not to receive these emails anymore, please get in touch and we will be happy to take you off the list.**

**Our mailing address is:**

[keren.hodgson@nhs.net](mailto:keren.hodgson@nhs.net)

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