

# Ways You Can Make A Difference



## FACTSHEET 4

January 2010

Hull LINK wants to work with you to improve local health and social care services. Even if you have just five minutes to spare you can 'have your say' and make a difference!

The LINK can act on issues which are a priority for the community and help bring about positive change.

We can't promise to act on every issue. But what we can guarantee is that every one who 'has their say' will play a part in improving local health and social care services.

### LINK Online

**Online Survey** – Complete an online questionnaire on the priority issues. Tell us about your experiences, take part in the debate and make your opinions count. Together we can improve local health and social care services.

**'Have Your Say' Survey** – If you would like the LINK to examine a health & social care issue - state your views online. Everyone's views will make a difference as all genuine comments are logged and heard by the NHS and Hull City Council. There is also the chance that your comments could inform one the LINK's next top priorities.

### LINK By Mail

Not on the internet? No problem. Copies of all surveys are available by post.

### LINK Events

**LINK @ Events** – If you'd like your group or organisation to have a voice in improving health and social care services Hull LINK can come to you - with LINK @ Events. How we do this is flexible to fit in with your activities or the nature of your work. We can for example:

- Attend a coffee morning and have informal discussions with members of your group.
- Set up our interactive display stand at your events.

*(continued overleaf)*



[www.hull-link.org.uk](http://www.hull-link.org.uk)



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- Conduct a focus group with your service users.

It's the power of 'having your say' with the convenience of Hull LINK coming to you.

**Members' Forums** – Every quarter Hull LINK will stage a Members' Forum. These events bring together groups and individuals from our sector to have their say on improving services. We don't just 'discuss' the issues, LINK takes action on concerns from the Forum. All are welcome to attend.

### LINK Action Groups

Would you like to actively get involved with the key health and social care issues facing Hull, making a difference and working to make improvements? If 'yes' you could join a LINK Action Group. Roles vary depending on the nature of the work and may include helping with research or interviewing users of a particular service.

### LINK Steering Group

Hull LINK is run by elected members. They form the Steering Group which has the vital role of approving the LINK work programme and deciding on how LINK will spend its budget. Individual members or representatives of voluntary or community groups can stand for election to the Steering Group.

### LINK Updates

**Newsletter** - All members are kept in the loop with the LINK's monthly newsletter. This will:

- Keep you fully informed of the LINK's work to improve services.

- Bring you important news from the local health and social care sector.
- Include details of both relevant local events and training opportunities.

### What LINK Members Say

*"Everybody can make a contribution regardless of who they are, where they live and what experience they have. As individuals we can achieve very little but as a group of individuals there are no limits to what we can do. The people of Hull know what the city needs." – Karen, LINK Member.*

*"We are all users of health and social care services in Hull and it is vital to ensure that a high quality of service is achieved and maintained. LINKs are truly about empowering people. We need everyone to become involved in their own health and social care provision" – Greg, LINK Member*

**To register with Hull LINK  
and find out more contact us at:**

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**This factsheet and other information  
produced by Hull LINK is available in a  
range of formats upon request**

**[www.hull-link.org.uk](http://www.hull-link.org.uk)**

