

'Speakout'

During 2013 the Foundation has become a member of the **'Speakout'** network. Speakout is co-ordinated by a team based at the University of Central Lancashire. This team works in partnership with the Care Quality Commission who are responsible for monitoring and inspecting certain health and social care services including; hospitals, care homes etc.

The Foundation has been members of the Speakout network now for several months which has become a welcome opportunity for our members to engage within a process where they can affect change and decision making at higher levels.

Speakout is a network of organisations and their members up and down the country who are able to be part of local focus group meetings, training and/or meetings further afield. Whichever fora individuals choose to participate in is unimportant. The salient factor is that people from the African and Caribbean community have a platform to engage in discussions about health matters which are important to everyone.

Our first focus group went well and was very well attended. Big thanks to everyone who attended, particularly Health-watch Sandwell who found the time to attend given that they were still in the throes of being set up. The Foundation is about to host our second focus group this time the focus group meeting will be in partnership with 'Sandwell Cares'. The next focus group is scheduled to be held at the **Kuumba centre on Wednesday 9th October at 2.00 pm. Refreshments will be available.** If you would like to attend a future focus group meeting to become involved in meaningful discussions about the care that you receive please contact us.