

News and Updates

January 2021



Get Ready for your Covid-19 Vaccination

The Department of Health and Social Care advises everyone who is offered the Covid-19 vaccination to take it, as the best way of avoiding potential serious illness from the virus and helping to ease the current situation in the UK. As Covid-19 vaccinations in Northumberland are rolled out for high priority groups, here are some ways you can be prepared ahead of your turn.

Contact Details

Make sure you are registered with a GP practice and that they have an up-to-date contact number for you or someone who they can speak to on your behalf.

You won't be forgotten

Your GP knows which priority group you are in and will not forget about you. Please be patient and wait to be contacted about your vaccination rather than call your surgery.

Listen out for the phone

Most people will be contacted by telephone or text, so listen out for a call, and remember that the GP surgery's number may be withheld when they call you. Keep an eye on the post too in case you receive a letter inviting you for a vaccination at the North East hub at The Centre for Life, Newcastle.

Travel arrangements

The first wave of vaccines will be given at one of ten vaccination centres across the county. Make plans now for how you will get to the centre when you are asked to attend, including plans for travel at different times of the day.

Be on time

It's really important that you arrive on time for your vaccination appointment to keep waiting times to a minimum. However, don't arrive too early if you can help it as you won't be seen earlier than your appointment time.

Your GP is there for you

GP surgeries are still open for business alongside the vaccination programme. If you are worried about a symptom or have an urgent issue, please don't put off contacting your surgery for help and advice.



Care home lockdown: how are you keeping in touch with your loved one?

We want to hear how restrictions on care home visits are affecting you and your loved ones. What information have you had about keeping in touch and maintaining communications about care and wellbeing?

We are holding an online forum on **Wednesday 27 January, 1pm**, where we invite you to share your experiences. We are particularly keen to hear if you managed to be tested and have an 'in person' visit during December. Get in touch to register.


Changes at Cambois Surgery



Clinical services at Cambois Surgery - part of The Gables Medical Group - have had to reduce over the past few months due to Covid-19 and GP services have moved to the main Gables site at Bedlington Station.

The group is considering the permanent closure of the branch and relocation of the Cambois dispensary to the Bedlington site. All patients have been written to and have been asked to share their views, via:

- The comments boxes located in both surgeries
- A letter to the surgery (Cambois Surgery, Blyth NE24 1QS)
- A telephone call to the Practice Manager on 01670 829889



Not online? That's fine!

We offer a telephone appointment service for anyone who would like a friendly call from one of our team. Just call or text us to arrange a call back at a time that suits you.

Local Support and Services

Early Help

Northumberland Early Help offers support to families with children up to the age of 19, on a range of issues including education, employment and training, benefits, behaviour, substance misuse and domestic abuse. Call:

North: 01670 620 461
South East: 01670 798 800
West: 07826 873390
Central: 01670 819 988

Fuel Advice for the Sensory Impaired

Two Sensory Impairment Fuel Advisors have recently been appointed on a project being delivered by Citizens Advice and Northumberland County Blind Association.

They can work with you to give you more control over your energy bills. This may involve assistance with switching your supplier, using technology to help you get the most from your fuel or showing you visual aids to assist you with your meter readings or general energy use. They can also inform you about the availability of services such as the Warm Home Discount or Priority Services Register. Call 01670 339749.

Escape Family Support

Due to the lockdown, Escape Family Support has temporarily moved its support sessions online. The situation will be continually reviewed until it is safe to return to face-to-face support.

The sessions will run via Microsoft Teams every Friday, 10am-12pm. Anyone who is affected by a loved one's drug and/or alcohol addiction is welcome to join. Call: 01670 544055 or email: sarah.tannock@escapefamilysupport.org.uk to find out more.

Get in Touch

We'd love to hear from you. Please contact us at one of the ways below.

Call: 03332 408468
Text: 07413 385275
Email: info@healthwatchnorthumberland.co.uk
Website: healthwatchnorthumberland.co.uk

Write to: FREEPOST Healthwatch Northumberland,
Adapt (NE), Burn Lane, Hexham,
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