

News and Updates

February 2021

Young People and Mental Health



We would like to hear from young people aged 13 to 25 years about the mental health support they've accessed, so that we can understand what is working well and what could be improved in services.

Whether you currently use or have used these services directly, or are a carer for someone who uses or has used these services, we would love to hear your feedback. What you tell us could help make these services better for everyone in Northumberland. Text 07413 385275, call 03332 408468 or visit the website to tell us about your experiences.

Young People and Mental Wellbeing

Free Event for Parents and Carers

Wednesday 10 March
10.30am to 11.30am

Guest Speaker:
Malcolm Connelly, Kooth

Find out about supporting children and young adults with mental health and what services are available locally.

If you would like to come along please contact call 03332 408468 to register for a space.



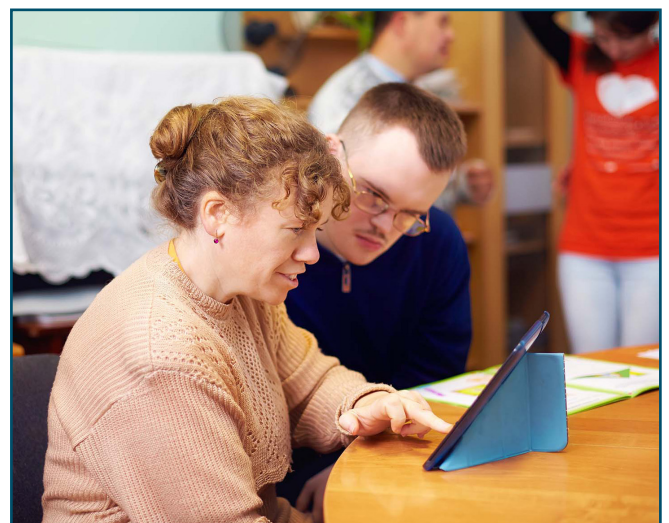
Do you use day services?

If you, or someone you care for use Day Services, what has the impact been for you of these services not running for almost a year now? Have you been able to use the service in a different way, for example, online?

If and when day services can be provided again, would you like them to run the same as before the pandemic or with some online provision? What do you think the issues and barriers would be to running services differently?

Please let us know your views and whether you would be willing to take part in conversations around day services in the future.

Get in touch in one of the ways overleaf.



Covid-19 Vaccinations - phase 2



The Covid-19 vaccination programme has been successful in offering a vaccine to those in priority groups 1 to 4. If you are over 70 and haven't had your first dose yet, please contact your GP or call 119.

The next phase is to vaccinate those in priority groups 5 to 9 and will include delivering second doses of the vaccine to those who had their first earlier in the year.

If you're in group 5 (over 65) or group 6 (16 - 64 with an underlying health condition or learning disability) you will be invited by your GP to have the vaccine at a local hub, or you may receive a letter inviting you to the Centre for Life, Newcastle. If travelling there isn't convenient, you can wait to hear from your GP about having the vaccination closer to home. You don't need to call your practice. You won't be forgotten and will be contacted when it's your turn.

Local mental health support

Tyneside and Northumberland Mind has launched an extra temporary help and support line to provide a friendly voice and listening ear for anyone struggling with their mental health during the pandemic. The service will run until 31 March 2021. Call 0191 477 4545 Monday to Friday between 8am and 8pm.

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,
Northumberland NE46 3HN

Social Media:



Reading Friends

Northumberland Libraries in partnership with Reading Friends has a new weekly virtual group for new or expectant parents to read, share stories and meet new friends.

To find out more about the group email Sandra at: readingfriends@northumberland.gov.uk.

Keeping People Connected



Northumberland Independent Advocacy Service is running a project called Keeping People Connected. The aim of the project is to support people with learning disabilities and/or autism who have no other access to support from family or other agencies, to link with local services during lockdown. The service will run until 31 March 2021. Referrals can be made by calling 01434 600599 (advocacy option).

Spotlight on.. Northumberland Domestic Abuse Services

NDAS provides support to anyone affected by domestic abuse. Face to face support is still being provided at this time, plus you can get help via the phone at an arranged time or by email. There's also a new web chat option. Call 01434 608030 or visit www.nda.services.