

# **News and Updates**

May 2021

# Getting out and about



We're making plans to get back out in local communities as soon as it is safe to do so this summer. Our role as independent champion for people who use NHS and social care services involves listening to people from all over the county about their views and experiences of using services such as GPs, dentists, hospitals, mental health services, care homes, pharmacies and NHS 111.

We have done this in lots of ways during the pandemic but speaking directly to people in communities across Northumberland is a big part of what we do. We are now planning how we can get back on the road.

Can you tell us how you would feel about us coming along to a venue near you? Your feedback will help us make decisions about we work this summer.

How important do you think it is that Healthwatch Northumberland returns to talking to people face to face?

If you saw a Healthwatch
Northumberland stand at a
community venue, would you pick
up information from our stand? Stay
to talk to a team member?

Please let us know at our website: healthwatchnorthumberland.co.uk/getting-out-and-about, or give us a call on 03332 408468.



# **Care Home Visiting**

At our previous forums we have heard how visiting restrictions in care homes have affected people living there and their relatives. We have also heard about other ways people have been keeping in touch during Covid-19 and experiences of the changes to allow one or two designated visitors for in-person visits.

At our next forum on **Friday 4 June at 10.30am** we'd like to hear about your experiences now we are two months into the changes in visiting policy. We would also like to hear your feedback on preparing for you and your loved ones to have visits outside of the care home.

We will also be sharing the results of our recent online surveys for care home staff and relatives/friends of those living in care homes and looking at the next steps for this feedback moving forward.



If you would like to register for the event please contact Helen Brown at: helenb@healthwatchnorthumberland.co.uk or call us on 03332 408468.

### **Covid-19 Vaccination Programme**



A Roving Vaccination Service led by a team of healthcare staff from the Village Surgery in Cramlington, will deliver Covid-19 vaccines safely to people in the most rural parts of Northumberland as well as minority groups including Gypsy, Roma and Traveller communities and those affected by homelessness.

In response to some of the questions people have raised about the Covid-19 vaccination programme, NHS Northumberland Clinical Commissioning Group (CCG) has put together a series of short videos. The CCG is responsible for the planning and buying of local NHS services for people in Northumberland.

You can see the videos at our website.

## Spotlight on.. Without Limits

Without Limits is a new support group based in Berwick, for people aged 35-65 who have had a life altering health event or diagnosis. There are opportunities to link up via Zoom and chat on the phones initially. Soon the group will be able to get together and enjoy walks, guest speakers, and trips out, all chosen and planned by the members themselves.

For more information call 0787 918 4693 or email janey.dixon.withoutlimits@gmail.com.

#### **New Parents Forum**

Berwick-based Choices4Growth helps to provide essential support and counselling for better mental health and positive futures for the local community.

This Parents Forum, which is an opportunity to take some time out, speak to other parents and find support, will take place on Monday 10 May from 1.30pm to 2.30pm via Zoom. For more information, please email Michael: C4G@mconnaughton.co.uk.

#### Tim joins the Team



Tim Hakim joined us in March as Engagement and Insight Officer, after having spent most of his career working with children, young people and their families both in the voluntary sector and local authorities across the North East.

In his spare time Tim also volunteers as a Trustee of West Northumberland Food Bank.

Tim is looking forward to hearing your experiences and views of NHS and social care services in the county.

#### **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:** 



