

Out and about – find us in a town near you!

We've been out and about at our Here to Hear drop-ins over the past month, along with some extra events at Morpeth, Hexham and Alnwick markets and Blyth Morrisons, to hear your experiences of using pharmacy services. Pictured are volunteers Colin and Hayley outside Morrisons in Blyth.

Here is where you can find us over the next few weeks - as you'll see we have changed the venues for our drop-ins in Berwick, Blyth and Morpeth. Do come along and talk to us if you're in the area.



Berwick Sports and Leisure Centre TD15 2AS: Wednesday 11 May 11am - 1pm.

Blyth Community Hub, Keel Row Shopping Centre, Blyth NE24 1AH: Wednesday 18 May 10am - 12pm.

Haltwhistle Leisure Centre NE49 9DP: Thursday 19 May, 11am - 1pm. (We'll be there with Bridge Northumberland in the studio by reception).

Breamish Hall, Powburn NE66 4HT: Thursday 19 May, 10am - 12pm. Ageing Well Network Stepping into Spring event - advice and information from local organisations.

The Hub, Cramlington NE23 6US: (next to Concordia Leisure Centre), Wednesday 1 June 11am - 1pm.

Amble Quayside: part of the SeaFit event at Amble Puffin Festival, Saturday 4 June 10am - 4pm.

Morpeth Library NE61 1AF: Wednesday 22 June, 11am - 1pm.

Online Events

All our online events are free to attend and we'd love you to join us. If you would like support with Zoom to access online sessions, please get in touch as we can help.

Care homes: Monday 9 May, 10.30am to 11.30am. This time we'll be joined by Alan Curry, Senior Manager - Commissioning, at Northumberland County Council. He will try to answer any questions on Northumberland care home visiting alongside the current national guidance.

Autism: Friday 13 May, 1pm - 2pm. We'll hear from Nellie Allsop from the National Autistic Society. Nellie will give an overview of what autism is, drawing on her personal and professional experiences. She will also provide information on how autistic people and their families can access support, both locally within Northumberland and nationally.

Diabetes: Friday 10 June, 1pm - 2pm. More details on this one to follow in the next newsletter.

To register for any of these events please get in touch.

Tell us how you use your local pharmacy

There's still time to share your experiences of using pharmacy services to help the council to write a local Pharmaceutical Needs Assessment. You can find the questionnaire on our website or call for a postal or Easy Read version with freepost return.

Closing date is 20 May so please get postal copies back to us by then.



Signposting and Information Service

Our Information and Signposting Service can direct you to local support and services or help find the answers to your queries or concerns about services.

Last month we were contacted by a lady asking how she could get her hearing aids repaired and batteries replaced. She used to go to a local clinic provided by a hearing loss charity but these have now stopped. We gave her contact details of the audiology clinic at the hospital, where she was able to make an appointment and have the necessary repairs carried out on her hearing aids.

A patient told us he was unable to get a three month prescription for his medication from the GP practice, which he needed to last him during an overseas trip.

We contacted the practice on his behalf and were told the prescription could be given if the patient provided proof of travel. This led to all members of staff at the practice being updated on the procedure and the patient getting the prescription he needed.

You can contact our Signposting and Information Service in one of the ways listed below.

Mental Health Awareness Week



The Mental Health Foundation's Mental Health Awareness Week is running from 9 to 15 May, with this year's campaign encouraging people to 'lift someone out of loneliness'.

The campaign points to the Every Mind Matters loneliness webpage for support and advice on dealing with loneliness.

There's also a Mind Plan quiz, to complete, a personalised mental health action plan with practical tips to help you deal with stress, anxiety, low mood and trouble sleeping, plus advice on how to cope with feelings of loneliness.

Would you prefer to get this newsletter by email?

If you'd like to receive our news and updates by email instead, or would like to unsubscribe, please get in touch.

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:



Spotlight on... SpLinter Group



As part of our information and signposting service, we're shining a spotlight on organisations offering all kinds of support to people in Northumberland.

SpLinter Group North, which is based in Amble and Blyth, is run for and by young adults with specific learning differences. The group plans and runs its own social activities, workshops and awareness-raising projects.

Visit www.wafflingon.uk or call the helpline: 07775 817544.