

## Thanks for a great event!

Thank you to everyone who came to our AGM 'All Change!' at Northumberland College in Ashington last week - all of our fantastic guests, amazing speakers and the staff at the college for looking after us so well. It was great to see everyone in person again.

Around 100 people came to the event, where we heard about upcoming changes in NHS and social care from those leading the changes. We also gave a review of our work over the last 12 months and enjoyed lunch and a chance to chat with guests. We're already planning next year's event!



## Online event: Qwell mental wellbeing support

Our next Friday lunchtime event is a chance to hear from Andrew Poinen, Engagement Lead for Qwell. Qwell provides free, safe and anonymous online mental wellbeing support for adults.

Andrew will explain the services on offer from Qwell and how you can access support. There will also be a chance to ask questions.

Get in touch to register for your free place.

## Join our annual conversation

This year, instead of our usual Annual Survey, we're having an 'Annual Conversation'. This is a more focused piece of work which will help us hear from people that we don't hear from as often.

We'll be working with local groups and organisations to listen to people's experiences and views of NHS and social care services. These include Royal Voluntary Service, Escape Family Support, Fishermen's Mission, Miners Lamp Community Cafe and Hub and Being Woman.

We'll share our findings in the new year.



## Here to Hear drop-in sessions

Here's where you can find us across the county this month. Our face to face drop-in events are a chance to speak to one of our friendly team members about the NHS and social care services you and your family have used recently, or ask a question about services or support.

**The Hub, Cramlington:** Wednesday 2 November, 11am - 1pm

**Berwick Sports and Leisure Centre:** Wednesday 9 November, 11am - 1pm

**Blyth Community Hub, Keel Row Shopping Centre:** Wednesday 16 November, 10am - 12pm

**Haltwhistle Leisure Centre:** Thursday 17 November, 11am - 1pm

**Morpeth Library:** Wednesday 23 November, 11am - 1pm