

We want to hear from you! In our Annual Survey

Our Annual Survey is a chance to tell us about the health and social care services you have used over the last 12 months. You can tell us what went well, what could have been better and what you think would improve local services.



Your views and experiences continue to help professionals understand key local issues and how well services are working for you, your family and our communities.

It's quick and easy to share your thoughts and experiences. You can scan the QR code, or visit our website, or get in touch for a postal copy.

If you would like to complete the survey over the phone with one of our friendly team please call 03332 408468, or text 07413 385275 to arrange a call back. Thank you.

Here to Hear drop-in sessions for February

This month we have two new venues for our drop-in sessions. Our West Northumberland drop-in has moved from Haltwhistle to The Spetchells Centre in Prudhoe, and you can now find us at East Bedlington Community Centre instead of Cramlington Hub.

Call in to leave feedback, or ask a question about local support and services, in confidence.

East Bedlington Community Centre: Fri 3 February, 10am-12pm

Berwick Sports and Leisure Centre: Wed 8 February, 11am-1pm

Blyth Community Hub, Keel Row Shopping Centre:
Wed 15 February, 10am-12pm

Prudhoe Spetchells Centre: Thu 16 February, 11am-1pm

Morpeth Library: Wed 22 February, 11am-1pm

Guides to staying in hospital

Northumbria Healthcare NHS Trust has put together three useful guides for patients, with tips and information around getting ready for a stay in hospital, what to expect when staying in hospital and when leaving hospital.

Find them on our website or get in touch for postal copies.



Online epilepsy information event

Friday 10 February, 1pm-2pm.

Join us at this lunchtime session to hear from Simon Privett of Epilepsy Action. Simon will be talking to us about what epilepsy is, how it can present, tips to help manage the condition and how we can help others living with epilepsy.

We will also hear what support is available from the charity and there will be a chance to ask questions.

Please get in touch to register for a place.

Are you struggling to access health and social care this winter?

The NHS is facing added pressures this winter. This means that it can be more challenging for people to receive the care they need.

Feedback from the public can play a vital role in helping health and social care services understand what is working and spot issues affecting the care of local people.

Have you faced challenges or delays accessing health and care services this winter? If you have, we want to know how this has affected your health and wellbeing.

Have you found accessing NHS services easy? Are there any aspects of the care you got that you really valued? Please tell us about your experiences.

In December the main issues you told us about were accessing GP appointments and NHS dentists (particularly in Berwick-upon-Tweed) and the quality of service provided by pharmacies.



Could social prescribing help you or someone you know?

Your doctor isn't the only person who can help you feel better. There are many things that can affect our health and wellbeing, not only medical issues.

Social prescribing is now available across the county. This service can offer support with your health and wellbeing and can help to connect you to a range of services.

This could be anything from housing, benefits and finances, to counselling services, physical activity and arts and music. Ask your GP practice for details.



The Little Orange Book

The Little Orange Book has tips and advice on how to manage common illnesses and problems that babies and young children often experience in the first five years of their lives.

It also has information on more serious conditions, what to look out for, and how to get help.

You can download the book from our website or get in touch to ask for a printed copy.

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

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