

Patient and service user involvement opportunities

If you would like to get directly involved with service providers, here are some ways you can contribute to the development of local services.

Patient Participation Groups

Join your local Patient Participation Group (PPG) and help the NHS shape services for your community. PPGs influence how GP practices work and the health services they deliver. A PPG is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service. Contact your surgery for more details.

Northumbria Healthcare NHS Foundation Trust Online Community

Engage with others and give feedback through discussions, polls, news feeds and surveys by joining the trust's online community, and help shape your local NHS services. Visit **northumbria.nhs.uk/get-involved** for more information.

Cumbria, Northumberland, Tyne and Wear NHS Trust

The trust's Service User and Carer Reference Group forum is made up of individuals from statutory services, third sector community groups and individual carers and service users who work towards continuous improvement of mental health services.

For more information or to join the mailing list to stay up to date with news, meetings and more, please email: **events-Involvement@cntw.nhs.uk**.

North East Ambulance Service NHS Foundation Trust

You can get involved by becoming a Community Ambassador, taking part in focus groups or becoming a trust member or governor. For more information telephone 0191 430 2000 or email **publicrelations@neas.nhs.uk.**

The Newcastle upon Tyne Hospitals NHS Foundation Trust

The Advising on the Patient Experience (APEX) Group sees patient representatives work in collaboration with Newcastle Hospitals staff, contributing views, offering feedback and getting actively involved with project work to provide a patient perspective. For further information contact the patient experience team on 0191 223 1382 or email **nuth.patient.relations@nhs.net**.

Adult Services People's Advisory Group

For adults with lived experience of using social care service, and/or their carers. Northumberland County Council Adult Services staff and Healthwatch Northumberland are working together in equal partnership to advise upon embedding a culture of co-production across social care, and to improve the quality of services. Please get in touch if you are interested in taking part.

Healthwatch Northumberland, Adapt (NE), Burn Lane, Hexham, Northumberland NE46 3HN Call: 03332 408468 Text: 07413 385275 Email: info@healthwatchnorthumberland.co.uk healthwatchnorthumberland.co.uk