



'How are you feeling?' Young people's campaign



This month we launch our 'How are you feeling?' campaign for young people across Northumberland!

We think it's vital that young people are heard and have a voice in local NHS services. We've created a confidential online form for young people aged 13-24 to share how they're feeling and tell us what they think about health care in their local area.

We will produce a report based on what we hear, which will be shared with NHS leaders and other decision makers to help make care better for everyone.

You can find the survey on our website.

NHS dentistry in Northumberland

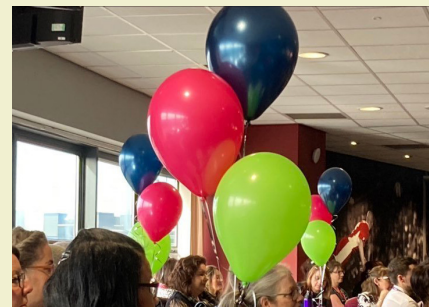


As part of our work on NHS dentistry services, we, together with 29 other Local Healthwatch, made a formal submission to the House of Commons Health and Social Care Committee. The committee has now published the submissions.

NHS dentistry in the county continues to be difficult to access, especially in the Berwick area. If you are in pain and need to see a dentist urgently, please call NHS 111.

Please keep sharing your experiences of NHS dental care, so that we can keep making sure these are heard by those paying for services.

Celebrating ten years of Healthwatch!



Local Healthwatch from across the North East and Cumbria met at The Riverside Stadium in Middlesbrough to celebrate our 10th birthday.

We reflected on all of our achievements over the last decade and reviewed plans and challenges for Healthwatch going forward.

We'll be celebrating our ten year anniversary throughout April and will have some freebies and goodie bags to give away at our #HereToHear drop-ins during the month - get yours while stocks last!

You can see where to find us below.

Here to Hear monthly drop-in sessions

If you'd like to speak to one of our friendly team face to face please call in to one of our Here to Hear drop-in sessions. You can ask a question about local services and support or tell us your recent experiences of health and social care.

Berwick Sports and Leisure Centre: Wed 12 April & 10 May, 11am-1pm

Blyth Community Hub, Keel Row Shopping Centre:
Wed 19 April & 17 May 10am-12pm

Prudhoe Spetchells Centre: Thu 20 April & 18 May, 11am-1pm

Morpeth Library (new location inside the new leisure centre, Gas House Lane): Wed 26 April & 24 May, 11am-1pm

East Bedlington Community Centre: Fri 5 May, 10am-12pm
(please note no April drop-in due to Good Friday bank holiday)

More events

SeaFit health drop-in event for fishermen and families

Wednesday 29 March, 1pm-3pm,
Amble Harbour Office,

Online event with Eating Distress North East

Friday 14 April, 1pm-2pm. Call to register for this free information event

Care homes online forum

Monday 17 April, 10am - 11am. Hear from Admiral Nurses and Carers Northumberland. Call to register.

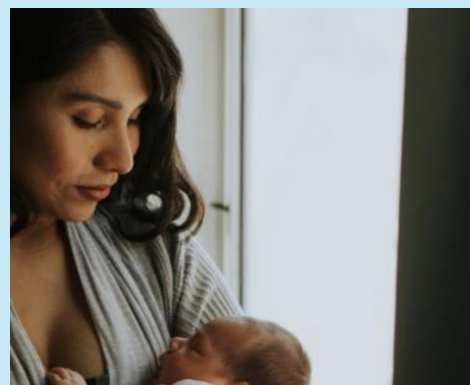
Latest reports

Thank you to everyone who told us their experiences of maternal mental health care. Healthwatch England has analysed the responses shared by almost 3000 new mothers and birthing parents since April 2020.

Over one in ten who shared their experiences said they hadn't received a six-to-eight week postnatal check. Of those who said they had been offered one, only one in five were satisfied with the time their GP spent talking to them about their mental health.

Our latest monthly feedback reports for January and February have now been published, along with our first mid-year trends report for July to December 2022. These 'at a glance' monthly reports provide a summary of who we have been hearing from and what you have told us. Your feedback helps us build a picture of what is working well and where there are issues in the NHS and social care services we use here in Northumberland.

All the reports can be found on our website or please ask for a copy to be posted to you.



Healthier Together



The new Healthier Together website is full of useful health advice for parents, carers, young people and health professionals.

All of the information has been approved by clinicians so it's a great place to go for reliable advice. Topics include common illnesses in babies and children, support for young people and a guide to how the NHS works.

Visit the website for more information:
nenc-healthiertogether.nhs.uk

Signposting and Information Service: you said, we did

We were contacted by a parent seeking advice on how to progress an ADHD assessment for their child.

We signposted them to the Children and Young People's Service which provides support to children and young people aged 0-18 years living in Northumberland who are struggling with mental health.

We also suggested speaking with her child's GP and school SENCO for additional support.

If you would like help finding local health and care services and support or would like to ask a question, please get in touch with our Signposting and Information Service.

Reading for Wellbeing

Would you like to meet other people who enjoy reading and improve your mental wellbeing?

The 'Reading for Wellbeing' project was set up by 'Vera' and 'Shetland' author Ann Cleeves. It aims to bring together groups of like-minded people in a safe and welcoming environment to enjoy a good book, make new friends and find a listening ear.

To find a group near you email:
read@northumberland.gov.uk
or join the 'Reading for wellbeing Northumberland' Facebook group.



Get in Touch

To unsubscribe from this newsletter or to contact us with feedback or a question, please get in touch.

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:

