

David Thompson steps down as our Chair



Our Board Chair, David Thompson (pictured with Adapt (NE) Director, Liz Prudhoe) stepped down this month after six years in the role.

David has been at the helm since 2017 and has been instrumental in championing the voice of the people in health and social care decision making with those providing and commissioning services.

David says "The past six years have flown by and it has been a real privilege to have shared a journey with such a dedicated band of staff, board members and volunteers."

Peter Standfield has been appointed as our new Chair and we'll introduce you to him soon.

Vice Chair Margaret Young is also leaving us after six years in post.

Our latest Annual Report is out now!

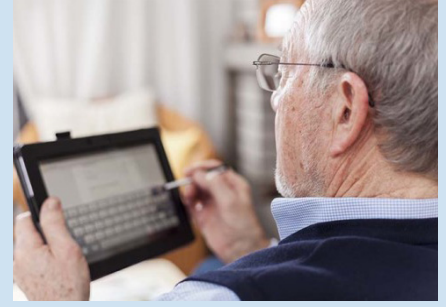


Our latest annual report highlights the work we have done over the past 12 months in Northumberland, to engage with communities and where we have worked with services to highlight key issues.

This year over 1900 people shared their experiences of health and social care services with us, helping to raise awareness of issues and improve care. Almost 5000 people came to us for clear advice and information about topics such as mental health and the cost of living crisis.

You can read more details of our work over the past year and our priorities for the next 12 months in the full report on our website. Printed copies will be available in the next few weeks – ask us for a free postal copy.

Share your experience of living with diabetes



Share your experience of living with Type 2 diabetes and be in with a chance of winning a £50 Amazon voucher. Researchers at Newcastle University would like to know what helps you manage your diabetes day to day and what you find challenging.

To get involved email: k.irvine@newcastle.ac.uk or call/text 07762 134962.

We've been hearing that some people in Northumberland are having to wait for or chase up appointments with their local diabetes service.

Here at Healthwatch Northumberland we'd like to hear about your experiences of these services, good or bad, so we can help improve care for everyone. Please get in touch.

Happy 75th birthday to the NHS!

Wednesday 5 July 2023 marks 75 years of the National Health Service.

Treating over a million people a day in England, the NHS touches all of our lives. When it was founded in 1948, the NHS was the first universal health system to be available to all, free at the point of delivery. Today, nine in 10 people agree that healthcare should be free of charge, more than four in five agree that care should be available to everyone, and that the NHS makes them most proud to be British.

Look out for celebration events in your area, or share your stories of local people and professionals who are helping to make the NHS better using the hashtag #NHS75 on social media or by emailing NHS England: england.nhs75@nhs.net.

healthwatch

Supporting
NHS 75

Together we're
making care **better.**

Online events

Long Covid event: Friday 14 July 1pm - 2pm

Join us for our next free lunchtime event where Dr Charles Shepherd, Hon. Medical Adviser for the ME Association, will talk to us about Long Covid and how best to manage the condition.

Care homes forum: Thursday 27 July 10am - 11am

Are you a relative of someone who lives in a care home, or have you recently helped a loved one access respite within a care home? Would you like support or information from others who have shared similar experiences? Join us at our next care homes forum to share your feedback or simply come along to find out more. We will also give an update on our 'look and listen' visits into care homes.

Please get in touch to register.



Are you worried about someone else's relationship?

The Findaway project is for you if you're worried someone you know is being controlled, scared, or hurt by their partner, ex-partner or a family member.

Findaway can offer you support, information and other tools to effectively help the people you care about. Call the anonymous phoneline: 0300 140 0061 or visit wefindaway.org.uk.

What you told us in May

During May you told us about the difficulties you were having ordering and getting hold of prescription medicine.

We also heard from a number of people that they were still having issues booking a GP appointment. Poor service in local hospitals was another theme from this month's feedback.

More details at our website or ask us for a postal copy.

Cancer support information

If you or someone close to you is affected by cancer, our cancer services webpage has lots of information which may be useful.

The page has details of national and local organisations offering support and information.

Visit our 'your health' pages or give us a call if you would like help finding cancer support services.

Here to Hear drop-in sessions



If you'd like to speak to us in person, please call to one of drop-ins at the following venues:

East Bedlington Community Centre: Friday 4 August, 10am-12pm

Berwick Sports and Leisure Centre: Wednesday 12 July, 11am-1pm

Blyth Community Hub, Keel Row Shopping Centre: Wednesdays 19 July and 16 August, 10am-12pm

Prudhoe Spetchells Centre: Thursdays 20 July and 17 August, 11am-1pm

Morpeth Library (inside Morpeth Leisure Centre): Wednesdays 26 July and 23 August, 11am-1pm

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:

