

News and updates

Your local health and social care champion

healthwatch
Northumberland

September 2023

Register now for our AGM!



You're invited to our AGM on Wednesday 18 October 2023, taking place in person at East Bedlington Community Centre.

This free, public event is a chance to hear about our work over the past 12 months, our plans for the coming year, and to meet our staff, board and team of volunteers.

We will start at 10am with tea and biscuits, with the main event kicking off at 10.30am. The AGM will finish at approximately 12pm when you will be welcome to stay for a light lunch. To register give us a call or scan the QR code.



Support for students

Charities Young Minds and Student Minds have lots of advice for young people and parents and carers for dealing with the stress of exams and disappointing results. There's also mental health support for those heading off to university this autumn. Visit the charities' websites or call us for more information.



Menopause online event Friday 8 September, 1.00pm - 2.00pm

Come along to this free event to hear from Jenny Haskey of The Menopause Charity. Jenny will talk about what the menopause is and the treatment and lifestyle options which can help to manage symptoms. The event is suitable for anyone experiencing menopause, their family, friends and professionals. Get in touch to register or visit our website.

Are you eligible for a flu vaccine this autumn?

If you're aged 65 or over, you are eligible for a free NHS flu jab this autumn. You may also be eligible if you have a health condition that makes you clinically at risk, are pregnant, or are a carer or frontline worker. People aged 50-64 will not be eligible for a free flu jab this year unless clinically vulnerable.



You can book a flu jab at your local pharmacy now or wait for your GP to contact you. If you do not qualify for a free jab you can still pay for one at a pharmacy. Please get in touch if you would like further information.

Out and about: where to find us

Here's where we'll be in-person over the next couple of months. As well as our Here to Hear drop-ins across the county we'll be at the Haltwhistle Wellbeing Event with a range of other local services and support organisations. There will be free health checks and refreshments on offer at this event so call in if you live in or around Haltwhistle (details below).

Come and speak to our friendly team and tell us about the care you and your family have received recently, or ask a question of our Information and Signposting Service. We have some fantastic new giveaways for you too!



- **East Bedlington Community Centre**
Fridays 1 September and 6 October, 10am - 12pm
- **Newbiggin Sports & Community Hub**
Wednesday 6 September, 10am - 12pm
- **Weavers' Court, Alnwick**
Thursday 7 September, 10.30am - 12.30pm
- **Blyth Community Hub, Keel Row Shopping Centre**
Wednesday 20 September, 10am - 12pm
(No October drop-in due to AGM event)
- **Prudhoe Spetchells Centre**
Thursdays 21 September and 19 October, 11am - 1pm
- **Haltwhistle Wellbeing Event**
Monday 25 September, 10am - 2pm at Haltwhistle Library
- **Morpeth Library (inside Morpeth Leisure Centre)**
Wednesdays 27 September and 25 October, 11am - 1pm
- **Healthwatch Northumberland AGM 2023**
Wednesday 18 October, 10am - 12pm,
East Bedlington Community Centre (see over for details)

New reports



Annual Survey and Conversations -

each year we run an Annual Survey, and this year we wanted to get more detailed feedback from people who we may not usually hear from in our 'Annual Conversations'. The report can be found on our website or ask for a postal copy.

July 2023 feedback - the top issues we heard about were difficulties getting GP appointments and finding an NHS dentist. You also told us that some pharmacies were providing incomplete prescriptions. Get in touch if you would like a copy of the report.

Grandparents support group

Northumberland Grandparents Support Group provides support to grandparents who are experiencing broken relationships with their grandchildren.

The group meets on the last Friday of every month at Cramlington Community Hub, 10.30am-12.00pm.

For more information call 07919 806 032 or email Lorainengsg@aol.com.

Get in Touch

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

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