

Your local health and social care champion

News and updates

healthwatch
Northumberland



March 2024

Tell us your experiences of NHS dentistry

People have been telling us about the challenges they face getting NHS dentistry.

Using your feedback we are working with the NHS in the North East and North Cumbria to help shape future services, including planning the next phase of the NHS dental recovery plan in the region.

Across the North East and North Cumbria, the local Healthwatch network is working together to tackle this important issue.

So if you have recent experiences with using or trying to access dental services, then please share your experiences with us. As a thank you for your time we are offering a £100 Love2shop voucher in our prize draw.

You can leave your feedback on our website, by scanning the QR code, or get in touch to request a paper copy (with freepost return). Please leave your feedback by Sunday 31 March 2024.

Accessing dental treatment in the North East and North Cumbria



It's easier than ever to get your NHS Health Check

As part of a pilot project, Northumberland County Council's Public Health Team has allocated up to £300k over the next three years to test the direct delivery of NHS Health Checks by its in-house Health Trainer Team.



This new way of providing services will run alongside the GP offer and will involve delivering checks in targeted workplaces and community settings.

To be eligible you must:

- Be aged 40-74
- Be registered with a GP in Northumberland
- Have not had an NHS Health Check in the last five years
- Have no pre-existing conditions such as type 2 diabetes, heart or kidney disease or stroke
- Not be on statins

Visit: livingwellnorthumberland.co.uk for more details.

Online event - Growing Healthy

At our lunchtime event this month we'll be hearing from Rachel and Sam from the Growing Healthy Service. They will talk about what services are provided by the 0-19 Service for children, young people and families in Northumberland, including the Health Visiting Service, 5-19 Service and the digital offer.

Suitable for mums, dads, grandparents, carers and professionals alike, Zoom in to find out more about these services for the children in your life.

The event is on Friday 8 March from 1pm to 2pm, and you can register by giving us a call on 03332 408468, or visit: bit.ly/HWN-Growing-Healthy-March24



What you told us

Thank you for continuing to tell us about your care experiences. Our feedback summary for January 2024, and the trends in feedback from July to December 2023, are now available to view. Visit our website or get in touch for information in the post.

Hair loss through cancer treatment



NHS
Northumbria Healthcare
NHS Foundation Trust

Hair loss (alopecia) from cancer treatment can be one of the most distressing side effects.

Northumbria Healthcare NHS Foundation Trust would like to understand patients' experiences of using the wig supplier that the trust uses.

If you or someone close to you has used this service, leave your feedback online at: taffexp.onlinesurveys.ac.uk/wig-survey, or call us to tell us your experiences.

Ask the board

Our board will next meet on Tuesday 12 March. If you have a question about health or social care services in Northumberland or our work as your local, independent champion, please get in touch and we'll get back to you with a response after the meeting.

Mental health support



NHS Talking Therapies

The NHS is encouraging anyone struggling with feelings of depression, or anxiety such as excessive worry, panic attacks, social anxiety, or obsessions and compulsions, to seek help through NHS Talking Therapies services. These are effective, confidential and free treatments delivered by trained clinicians, online, on the phone, or in person.

Your GP can refer you, or you can self-refer online at: nhs.uk/mental-health.

Be You

Be You brings together lots of information for young people and also parents and carers from the NHS in Northumberland. Find information around relationships, looking after yourself, managing thoughts and feelings and what help is available.

Visit beyounorthumberland.nhs.uk for support.



March 'Here to Hear' drop-ins

We'd love to see you at one of the events below, where you can share your thoughts and experiences of care services or use our Signposting and Information Service.

Morpeth Library: Wednesday 27 March, 11am-1pm

East Bedlington Community Centre: Friday 1 March, 10am-12pm

Prudhoe Community Hub Health and Wellbeing Event: Wednesday 6 March, 9.30am-2.30pm

Hirst Welfare, Ashington: Wednesday 13 March, 9.30am-12pm

Weavers' Court, Alnwick: Thursday 14 March, 10.30am-12.30pm

Vision Northumberland Information and Equipment Day, Morpeth: Friday 22 March, 10am-2pm

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

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