



Online information session from Sorted

Friday 10 May 1pm - 2pm

At this free event we'll be hearing from Helena Swarbrook from Sorted - Northumberland's Substance Misuse Service for young people. Helena will talk about substance misuse, general substance awareness, harm reduction and the first steps in making changes. She will also outline the information, advice and support provided by Sorted across Northumberland for under 18s. Get in touch to register for a place.

Water fluoridation plans

There are plans to extend water fluoridation in the North East to help tackle preventable tooth decay. The Department for Health and Social Care would like to hear your views on these plans.

Scan the QR code or visit: consultations.dhsc.gov.uk to have your say. The public consultation closes 17 June 2024.



Health Trainer Service

You can now self-refer online to Northumberland's Health Trainers, to access support with health and wellbeing. The team can provide help with healthy food choices, weight management, support to access physical activity, stopping smoking and reducing alcohol intake.

For more information visit livingwellnorthumberland.co.uk or call 01670 623840.

Covid-19 spring boosters

A spring Covid-19 vaccination is being offered to people at highest risk of serious illness.

You can check if you are eligible and book a vaccination on the NHS website. There are also walk-in appointments available on the roving vaccine unit across Northumberland.

Eligible people include everyone aged 75 and over, residents in older adult care homes and the immunosuppressed.

Carers are not eligible for a spring vaccine unless they meet the criteria above.

A limited number of pharmacies are offering private vaccines for a fee. Please get in touch for details.



Safe Haven

Northumberland Safe Haven has opened in The Bothy, Ashington, to help people experiencing mental health crisis or distress. Support can be accessed in-person or via phone or video call, 2pm-10pm, 365 days a year. Visit everyturn.org or call 01670 336139.

There's still time to help decide our priorities!



Our Annual Survey is open until 6 May. We'd like to know how satisfied you are with the NHS and social care services you and your family used in the past year. You can also help us decide where to focus our work in the next 12 months.

Tell us online, or get in touch for a postal copy with freepost return.



To leave your thoughts over the phone please call 03332 408468 or text 07413 385275 to arrange a call back.

Have you used Wheelchair Services?



Have you used Wheelchair Services in the last 12 months?

We'd like to hear about your experience, good or bad. What worked well and what could have been better? Did you have any issues accessing the service?

If you would prefer to speak to someone over the phone call us on: 03332 408 468 or text 07413 385275 and a member of our team will call you back at a convenient time for you.

Share for better care - what you told us



Thank you for continuing to tell us about your care experiences. We received positive feedback about The Freeman Hospital this month.

While having tests for potential prostate cancer, the patient told us he couldn't fault the care he had received from the staff at the hospital.

Please get in touch if you'd like to tell us about a health or social care service you have used - good or bad. You can read our February and March 2024 summaries on our website, or ask for a paper copy.

Here to Hear drop-ins and other events for you

Please come and see us at a venue near you this month! Pick up some information, leave feedback or ask a question about NHS and social care or local support and services.

East Bedlington Community Centre: Friday 3 May, 10am-12pm

The Alnwick Garden wellbeing event: Thursday 9 May, 10am-12.30pm (please note no drop-in at Weavers Court this month)

Hadston House wellbeing event: Thursday 9 May, 10am-1pm

Hirst Park Pavilion: Wednesday 15 May, 10am-11.30am

Prudhoe Hub: Friday 17 May, 10.30am-12.30pm

Morpeth Library: Wednesday 22 May, 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:

