

## Delivering in Berwick!



### Join us for our Annual Event 2024

#### The Maltings, Berwick, Wednesday 23 October

You're invited to our free event focusing on local health and social care services. The event is in two parts:

#### Drop-in information event, 10.30am – 12pm

Speak to health and community organisations about local support and services and pick up some information.

#### Annual Event and general meeting, 12.30pm – 2.00pm

A sit-down event in the theatre where you can hear about our work over the last year, and from NHS and care providers about delivering services in the area. More details to follow.

You can join us for one or both parts of the day. If you're attending the theatre event please register for a place – scan the QR code, visit our website or give us a call. There is no need to register for the information event.

## Getting the most from your GP surgery



GP surgeries have changed the way they work to meet patient needs and increased demand.

Access to GP services is an issue we hear about regularly at Healthwatch Northumberland. In our 'getting the most from your GP surgery' booklet we explain more about the range of staff roles at surgeries, different ways to access healthcare and how to make the most of your GP appointment.

You can view and download the booklet on our website or get in touch for a copy in the post.

## Join the Big Conversation on women's health



We're working with the NHS in our area to better understand experiences of women's health and healthcare.

The Big Conversation aims to find out what matters most to women and girls when it comes to their health. As part of this you are invited to share your views about women's health issues and accessing health services. Please leave your views online – details are on our website – or get in touch to leave your views over the phone, by 8 September.

Your feedback will help create better health plans for women and girls in our region.

## Have your say on eye care services



We would like to know if you are getting the eye care you need.

Healthy vision is something many of us take for granted, until there is a problem. An estimated 50% of sight loss is avoidable. That is why people need access to regular eye tests and, if there is a problem, get the help they need.

Please tell us about your experiences and help improve eye care services for everyone. Our contact details are overleaf.

We'll use your feedback to help identify what's working well and whether any changes could improve the care people get.

## Mental health support



If you, or someone you know, is experiencing a mental health crisis, you can now call NHS 111 and select option 2 for urgent mental health support.

Local freephone crisis service numbers will still be active for a while to make sure you always get the support you need.

## Online event: Diabetes UK

Friday 13 September 1pm – 2pm



At this free session we'll hear from Susan of Diabetes UK about the different types of diabetes, with a focus on type 2 diabetes and how to manage and live well with the condition. Call to register.

## Reports

Our Annual Report is now available as a printed booklet. If you would like a copy in the post please get in touch.

Our health visiting services report, mid-year trends report for January – June, and our July monthly report are also on our website or can be posted to you.

## Northumberland mental health drop-in events

To mark World Suicide Prevention Day and World Mental Health Day this autumn, Northumberland County Council is holding free, public drop-in events where we, and other organisations will be offering free mental health information and support.

All events run from 11.30am to 1.00pm. Just call in – no appointment needed.

**The Bothy, Ashington:** Tuesday 10 September

**Queen's Hall Art Centre, Hexham:** Tuesday 17 September

**The William Elder Building, Berwick:** Friday 4 October

**Northumberland County Hall, Morpeth:** Monday 7 October

**Cramlington Warm Space, Manor Walks:** Thursday 10 October

## Safe and Found



Northumbria Police is encouraging carers, friends and families of people with dementia who are at risk of going missing, to compile useful information about them under the Herbert Protocol via its website. There's also the Forcer Protocol for Armed Forces veterans who are at risk of going missing. This information is instantly accessible to police and could help locate the missing person quicker.

## Here to Hear sessions

Find us at a location near you this month – call in to leave feedback, ask a question or pick up some information on services.



**Allendale Village Hall:** Wednesday 4 September, 11.30am–1pm

**East Bedlington Community Centre:** Friday 6 September, 10am–11.30am

**Hadston House wellbeing event:** Thursday 12 September, 10am–1pm

**West Hartford Fire Station:** Saturday 14 September, 10.30am–4pm

**Hirst Welfare, Ashington:** Wednesday 18 September, 10am–12pm

**Miner's Lamp, Prudhoe:** Thursday 19 September, 10.30am–12.30pm

**Morpeth Library:** Wednesday 25 September, 10.30am–12.30pm

**Cafe @ Burn Lane, Hexham:** Thursday 26 September, 11am–1pm

## 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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## Social Media:

