



Have your say on North East Ambulance Service



We're working with North East Ambulance Service to help understand people's experiences and expectations of the services it provides.

This includes ambulances and paramedics, patient transport, 999 call handling and NHS111.

Your views will help shape future planning and delivery of the services.

Find all the details on our website or get in touch for a postal copy or to leave feedback over the phone.

Online information events for you



An introduction to Carers Northumberland

Friday 11 October 1pm - 2pm

Find out more about Carers Northumberland and the support on offer for unpaid carers.

An introduction to STAMMA

Friday 13 December 1pm - 2pm

Join the conversation about making healthcare settings more accessible. Plus support for people who stammer.

Get in touch to register.

Karen's story: life after limb loss

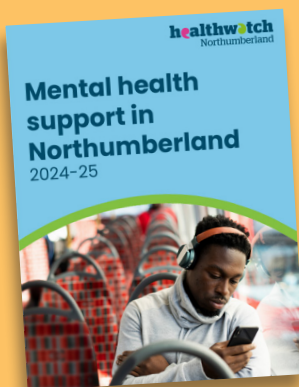


Our office volunteer, Karen, writes about her experiences of undergoing an amputation five years ago and the challenges she has faced as a wheelchair user living in Northumberland.

Karen began having issues with her left leg in 1988 when her knee was injured in an accident. After breaking the leg a few times over the year and an infection, in 2019, on medical advice, Karen's leg was amputated.

Read more on our website or ask for a paper copy.

NEW mental health information booklet



Our new, free, mental health information booklet is out now. We'll be getting them out to venues across the county soon and if you'd like a copy posted to you, please get in touch.

Spotlight on: CISWO - The coal mining charity

CISWO aims to improve the lives of former mine workers and their families.

The team understand the struggles faced by those in former coal mining communities and can help people overcome the barriers they face to lead a better quality life.



The charity offers a confidential home visiting service, emotional support and advocacy, advice on mining related health issues, financial support and help to access mobility equipment.

For more information visit the CISWO website or call 01709 728 115.



**Delivering
in Berwick!**

**Register for your free place:
give us a call, send an
email, or scan the QR code.**

Do you live or work in North Northumberland?

Join us for our free, public, Annual Event!

Wednesday 23 October 2024, The Maltings, Berwick

10.30am - 12pm

Visit the Information Marketplace where NHS and local support organisations will be waiting to share information and chat to you about the support on offer locally. Just call in!

12.30pm - 2pm

The afternoon event will feature speakers from NHS Trusts about the new Berwick hospital and mental health services, plus Thriving Together, who will be talking about voluntary and community support and services.

Councillor Isabel Hunter will open the event. Refreshments served from 12pm.



Where to find us this month

We're out and about at our usual Here to Hear drop-ins (please note, there will be no event in Morpeth this month due to our Annual Event in Berwick) plus Northumberland County Council health and wellbeing, and mental health information events.

Ask us a question about local health, social care or support services, or tell us about the services you or your family have used recently. Our friendly team look forward to seeing you!



Here to Hear East Bedlington Community Centre: Friday 4 October, 10am-11.30am

NCC mental health event, The William Elder Building, Berwick: Friday 4 October, 11.30am-1.30pm

Here to Hear Weavers' Court, Alnwick: Thursday 10 October, 10.30am-12.30pm

NCC mental health event, Cramlington Warm Space, Manor Walks: Thursday 10 October, 11.30am-1.30pm

SeaFit health drop-in, Amble Quayside: Wednesday 16 October, 10am-3pm

Here to Hear Miner's Lamp, Prudhoe: Thursday 17 October, 10.30am-12.30pm

NCC health and wellbeing event, Wark Town Hall: Saturday 19 October, 10am-12pm

Annual Event, The Maltings, Berwick: Wednesday 23 October, 10.30am-2pm

Here to Hear Cafe @ Burn Lane, Hexham: Thursday 31 October, 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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