

EMPOWER: Free type 2 diabetes course for patients in Northumberland



EMPOWER is a free course delivered by Spirit Health on behalf of the NHS in our area.

It is designed to give people with type 2 diabetes the knowledge and confidence to manage their diabetes effectively.

What does the course offer?

- A single 4-hour session helping people to understand what type 2 diabetes is and how it affects their body
- Practical advice: small changes to diet and lifestyle that can improve health and blood glucose levels
- Expert guidance: sessions led by trained educators in a supportive group setting. You can choose to take the course online or at a local venue, during the day, in the evening or at weekends.

Sessions are suitable for patients aged 18 and over, diagnosed with type 2 diabetes, and registered with a GP in Northumberland.

To book a course visit empower-diabetes.co.uk or call 0800 852 7460.

Have you applied for a Blue Badge recently?



The Blue Badge scheme helps you park closer to your destination if you have a disability.

If you have applied for a Blue Badge in the last 12 months we'd like to know how you found the application process - was it simple to complete or did you have any issues? Please get in touch with your experiences.

Tell us your experiences of urology services

We'd like to hear your experiences of urology services. If you have visited hospital for urology tests or treatment in the last 12 months, please tell us about your care.

Sharing your feedback can help the NHS know what is working well and where improvements need to be made.

Minor Injury Units now Urgent Treatment Centres

Minor Injuries Units at Berwick and Alnwick Infirmaries are now Urgent Treatment Centres. This is part of a plan from NHS England to introduce more Urgent Treatment Centres across the country and standardise where people access care.

Patients will benefit from being able to book a planned appointment to be seen at Berwick and Alnwick via NHS 111. A walk-in service will still be available and opening hours will stay the same. Urgent Treatment Centres are also at Hexham, Wansbeck and North Tyneside General Hospitals. They can help with can help with:

- Sprains, strains and suspected broken bones
- Cuts, grazes or suspected wound infections
- Minor burns and scalds
- Ear, throat, chest and skin infections
- Insect and animal bites
- Nose injuries and suspected broken nose



Online information sessions 2025: dates for your diary



Our free information events continue for you through the summer and autumn. To reserve a space on any session please visit our website or get in touch. All sessions take place from 1pm - 2pm.

- 13 June: ME Association
- 11 July: Prostate cancer
- 8 August: Colostomy UK
- 12 September: Scams awareness
- 10 October: Vision Northumberland

Spotlight on... Berwick Cancer Cars

As part of our information and signposting service, we're shining a spotlight on organisations offering all kinds of support to people in Northumberland.

The Berwick and District Cancer Support Group, commonly known as Berwick Cancer Cars, was founded in 1992 by two women from Spittal, Violet Carter and Kathleen Horsburgh, who were having difficulty accessing their cancer treatment in hospitals over 60 miles away.

Over 30 years later the charity continues to grow and now has six cars to help transport patients to appointments. The service is run entirely by volunteers.

If you need help getting to a cancer-related appointment, call Berwick Cancer Cars on 07780 795244.

The service is available to anyone who has received a cancer diagnosis and is registered with a GP practice in Berwick, Belford or Wooler (Clients living in Cornhill area may be registered with a Coldstream GP).



Out and about: where to find us

We'll be out and about with some free, confidential Here to Hear drop-ins for you in May. Call in to say hello, use our Information and Signposting Service and tell us about the NHS or social care services you and your family have used recently.

Hadston House: Wednesday 14 May, 10am-12pm
Hexham General Hospital: Thursday 15 May, 10.30am-12.30pm
Hirst Welfare Ashington: Wednesday 21 May, 10am-12pm
Morpeth Leisure Centre: Wednesday 28 May, 10.30am-12.30pm

Plus we'll be at:

Bellview Belford Wellbeing Weekend: Saturday 17 May, 1pm-4pm where there will be lots of local services and organisations attending and a range of interesting wellbeing sessions for you to try.



Your feedback - our findings

Read about the results of our Annual Survey, our work on audiology services, and our latest monthly feedback on our website, or ask for a postal copy.

Get in Touch

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

Call: 03332 408468
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Social Media

