

Your local health and social care champion

News and updates

healthwatch
Northumberland



March 2026

What matters to you?



When it comes to NHS or social care services, what matters to you? What has gone well, and where could improvements be made?

We'd like to know how satisfied you are with the NHS and social care services you've used over the past 12 months, in our short Annual Survey. We would also like you to help us set our work priorities for the coming year.

Together we can help improve health and social care services for everyone in our community.

Please take a few minutes to tell us your thoughts – this can be as a patient or carer. Your views will be shared anonymously.

You can share your views online at bit.ly/HWNAnnualSurvey2026, by scanning the QR code above, or by calling us on 03332 408468. You can also text 07413 385275 to arrange a call back.

Please leave your thoughts by Tuesday 31 March 2026. We will share the results with you later in the year.

Online event: Autism in adults



Friday 13 March, 1.00pm – 2.00pm

Our free online information session this month is from Autism in Mind.

Autism in Mind, or 'AIM', supports autistic individuals to reach their full potential by addressing their needs, preventing crises, and by advocating for positive change in the wider world.

Howard Kennedy from AIM will be our speaker, and he will talk about support for autistic adults in Northumberland, sharing real-world insights into everyday experiences and the practical help AIM provides.

The session will focus on understanding, inclusion, and community support.

There will be a chance to ask questions. Please note this session is not intended to give specific medical advice.

To register, please visit our website or give us a call.

Support with endometriosis



There's a new support group for women living with endometriosis in Northumberland. The group is for those who have, or who are awaiting, a diagnosis.

Endometriosis occurs when cells similar to the ones in the lining of the womb are found elsewhere in the body. These cells can grow and change in response to hormones, causing inflammation and pain.

Search for Northumberland Endometriosis UK Support Group on Facebook for more information, or visit: endometriosis-uk.org

NEW: Stellar Awards! Nominate a care star



Our new Stellar Awards celebrate the people and services who provide a particularly positive health or social care experience for people in Northumberland.

This could be:

- An individual – either a professional or a volunteer
- A team of people e.g. a hospital ward or a care home
- A service e.g. ambulance service, health visiting

They could be working or volunteering in any NHS health or social care service within Northumberland, for example:

- GP, pharmacy, dental and eyecare services
- Community services e.g. physiotherapy or mental health
- Hospitals, ambulance/transport services
- Care homes or home care support
- Patient support or social prescribing services

Winners will be presented with a Stellar Awards certificate, plus recognition on our website, social media channels and in our newsletter. Get in touch to make your nomination.

Where to find us - Here to Hear at a drop-in near you!

Adapt Community Warm Space, Hexham: Every Tuesday, 10am-1pm

Hadston House, Morpeth: Wednesday 4 March, 10.30am-12.30pm

Allendale Village Hall: Wednesday 4 March, 11am-1pm

Hexham Mart: Friday 6 March, 9am-1pm

Hirst Welfare, Ashington: Wednesday 18 March, 10am-11.30am

Wooler Warm Hub: Wednesday 18 March, 10.30am-1pm

Hexham General Hospital: Thursday 19 March, 10.30am-12.30pm

Morpeth Leisure Centre: Wednesday 25 March, 10.30am-12.30pm

Have you used a hearing support drop-in clinic?



If you have visited a local drop-in clinic run by RNID to get support with your hearing, we would like to hear about your experience.

These sessions offer hearing aid maintenance including supplies of batteries and tubing, information and support on hearing loss and basic hearing checks.

If you have attended a drop-in, did you get the support you needed?

Please tell us more by getting in touch in one of the ways below. Your feedback will help the service know what's going well and what could be better.



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

Write to: FREEPOST Healthwatch Northumberland, Adapt (NE), Burn Lane, Hexham, Northumberland NE46 3HN

Social Media:

