

December 2019

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healthwatch

County Durham

News update - December 2019



SEASONS GREETINGS

from Healthwatch
County Durham!

Our office will close for
Christmas at 2pm on
Tuesday 24th December,
and reopen at 9am on
Thursday 2nd January.

We've got a new project lead...



Welcome Dave Logan, our newly appointed Project Lead! Dave is looking forward to working with the team and representing the views of the people in County Durham.

Dave can be contacted on dave.logan@pcp.uk.net

Or 0191 3787698 / 07935 793785

Food glorious food...



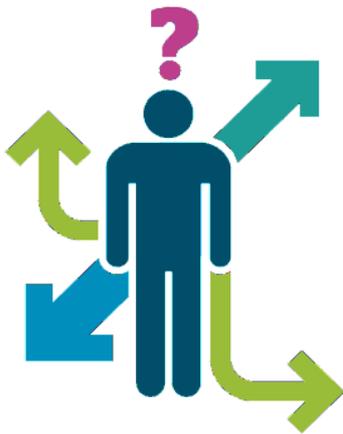
A big thank you, for the second year in a row, to our board members, volunteers, Kidzone Nursery and Lorna Moore Childcare in Crook, who all donated to our Christmas collection for the Durham Foodbank.

Along with the donations from our team, a total of 161.04kg of food and toiletries - *the equivalent of 201 meals* - was handed over; and with help from the Healthwatch Christmas Elves this November, we ensured that food parcels were ready to distribute for the run up to Christmas.

If you, or someone you know, need help visit

<https://durham.foodbank.org.uk/get-help/how-to-get-help/>
for more information.

Spotlight on signposting



Our Signposting and Information service provides users of health and social care with a vast range of information and advice on the issues that affect them. Between July and September this year we spent over 2000 minutes helping people get the right support and the right information.

So if you've got an issue that you'd like some help with call us on our freephone number 0800 3047039 or our text phone 07756 654218. You can also email us at healthwatchcountydurham@pcp.uk.net

Making changes together



Engagement & Signposting Lead **Denise Alexander** was delighted to attend the 23rd *Making Changes Together* event at Ramside Hall in Durham.

The event is for parents/carers of children with complex needs and is organised by parents themselves. The aim of the day is to help inform and support parents with the latest changes in education and health and social care. It also provided a great opportunity to share our work with the delegates.

Making Changes Together is Durham's official parent carer forum. The group works with professionals to influence and improve services for children and young people (0-25 years) with special educational needs and disabilities in County Durham.

For more information on Making Changes Together visit <http://www.mctdurham.co.uk/>

And the winner is...



... St John's School & Sixth Form College, Bishop Auckland!

As part of the *young person's pharmacy survey*, we ran a prize draw to win a £50 Amazon voucher! Using a random number generator, a student from *St John's School in Bishop Auckland* was selected as our winner.

Georgina Cowey, our Administration Officer, and former student at the school, presented the voucher to year 11 student, **Megan**, along with **Varsha Nighoskar**,

Assistant Head of Year 11.

Megan said she felt that the survey had given her a “good opportunity” to have her say and learn more about what a pharmacy team can offer.

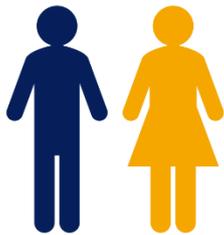
The logo consists of the words "STAYWELL" and "THIS WINTER" stacked vertically in a bold, blue, sans-serif font. The text is contained within a white rounded rectangle with a subtle drop shadow.

**STAYWELL
THIS WINTER**

Cold weather can be seriously bad for your health. That's why it's important to look after yourself, especially during the winter. If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

For more information on pharmacy services visit <https://www.nhs.uk/staywell> or contact your local branch. If your pharmacy is closed at any point over the holiday period, you can call 111 for advice!

Alcohol Guidelines



Same for men and women

Both are advised not to regularly drink more than

14
units
per week

Don't save up your 14 units, it's better to spread them evenly over the week and have regular alcohol-free days.



14
units

=



6 pints of 4%
lager/beer

OR 6 glasses (175ml)
of 13% wine



Christmas can be a time for partying, socialising more than you normally would, and letting your hair down!

To keep health risks to a minimum, it is recommended not to drink more than 14 units of alcohol per week. If you regularly drink as much as 14 units per week it is best to spread your drinking evenly over three or more days and incorporate alcohol free days.

Why not give Dry January a try?



“Dry January” is the UK’s one-month booze-free challenge that helps millions reset their relationship with alcohol every year.

The benefits of taking a break from alcohol include:

- Lower blood pressure and cholesterol
- Reduced diabetes risk
- Reduce your risk of seven types of cancer
- Improved quality of sleep
- Weight loss
- Saving money

You can download the app at

<https://alcoholchange.org.uk/get-involved/campaigns/dry-january/get-involved/the-dry-january-app> and have support at your fingertips right the way through January!

Mental Health at Christmas



Christmas may be something that you look forward to, or it may be a time of year that you find difficult.

Everyone is different and you and your mental health still matter!

Mind, the mental health charity for better mental health, have put together a guide for managing your mental health at Christmas:

<https://www.mind.org.uk/get-involved/about-minds-membership/membership-pages/christmas-and-mental-health/>

And remember, you don't need to suffer in silence, there is support available if you need it:

<https://www.mind.org.uk/information-support/helplines/>

Get involved ...



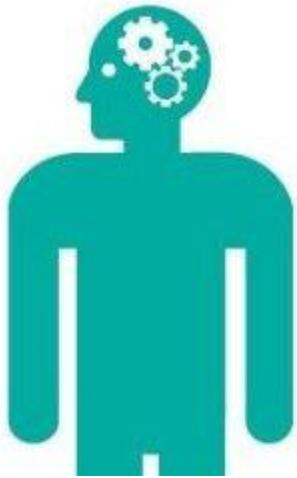
Join the Quality Standards Advisory Committee for NICE:

The *National Institute for Health and Care Excellence (NICE)* needs people to join a quality standards advisory committee developing and updating a range of NICE quality standards as a standing lay member.

NICE produces guidance on the most effective ways to prevent, diagnose and treat disease and ill health, and provide social care support. Their guidance is based on research evidence and takes into account the views of people working in or using relevant services, and other stakeholder groups.

For further information see the [recruitment advert](#) for details of what working with the committee involves, the kind of experience and knowledge they are looking for, and how to apply.

Recruitment is open until:
5pm on Wednesday 11 December.



Join a Children, Young People, Parent and Carer Advisory Board for Mental Health:

Are you a young person or parent/carer interested in making a difference in children and young people's mental health in County Durham? If so, joining the County Durham *Children, Young People and Parent/Carer Advisory Board* could be for you!!

The board is run by *Investing In Children and Rollercoaster Parents*; their aim is to give the people of County Durham a voice surrounding mental health and to have their say in any existing or future related programmes and services.

For more information or to sign up,
please contact:

Children and young people's

role chris.affleck@investinginchildren.net

0191 3077030

Parent/ Carer

role wendy@rollercoasterfs.co.uk

07415380040

Apply by: Friday 6th December



Sign up for a Durham County Carers Support training course:

Durham's County Carers Support are running a training course for Carers in County Durham, please find details below if you're interested in attending:

Understanding the safe handling of medication

Wednesday 15th January 2020 - 9.45 to 1pm at the East Durham Medical Group, Thornley Road, Wheatley Hill, County Durham DH6 3NR

Please note, demand is high and places are limited. If you would like more info or to ensure a place, contact admin@dccarers.org

Kooth launched in County Durham



A new service has been launched in County Durham.

Kooth is an *online counselling and emotional well-being service* for children and young people aged 11 - 18yrs.

Children and young people can access online counsellors 365 days a year and access self-help materials co-produced by young people.

The service is confidential and anonymous and is fully moderated.

For more information contact **Malcolm Connelly, Integration and Participation Worker**, mconnelly@xenzone.com or visit <https://www.kooth.com/>

L!nkcd are teaming up with Changing Lives



Need help in overcoming barriers that may be preventing you, or someone you know, from moving forward towards employment or education?

Changing Lives and *L!nkcd* will be working to help support people with multiple or complex issues, over the next three years in County Durham.

Whether that's assistance with further understanding individual personal needs, being put in touch with the correct people or employment coaches. Their aim is to break down the barriers you're facing and help get you back on track.

For more information, please contact
Christina Pinder

Christina.Pinder@changing-lives.org.uk or

Rowena Jack Rowena.Jack@changing-lives.org.uk

This is Bowel Cancer Campaign!



Bowel Cancer UK want a future where nobody dies of bowel cancer, but they can't do it alone. Their new campaign calls on all political parties to urgently address the biggest challenges facing people affected by bowel cancer by bringing together the voices of everyone impacted by the disease.

Every 15 minutes in the UK somebody is diagnosed with bowel cancer and it doesn't just impact the person diagnosed. It affects families, friends and colleagues, doctors and nurses, scientists and researchers. That's millions of people right across the UK.

It's time to make your voice heard.

Will you pledge your support and share why you think it's so important action is taken to improve treatment and care for everyone affected by bowel cancer?

Please share the campaign action with colleagues.

For more information about the campaign,
email campaigns@bowelcanceruk.org.uk



Contact us:

Healthwatch County Durham
Whitfield House
St Johns Road
Meadowfield Industrial Estate
Durham
DH7 8XL

Freephone: 0800 3047039

Text: 07756 654218

Email:

healthwatchcountydurham@pcp.uk.net



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