

August 2023

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healthwatch County Durham

August 2023 News Update

Happy Retirement to Denise!



At the end of July, Healthwatch County Durham says goodbye to Denise Rudkin, who is taking well deserved retirement. Denise has worked for HWCD for seven years as our Research & Information Officer and has been a guiding hand using her considerable knowledge and experience, gathering our data and statistics, helping to produce our reports, and our resident spreadsheet expert!

She will be hugely missed by all of us, and we would like to say thank you for all her work over the years in helping to improve health & social care services. We all wish her a wonderful retirement.

Welcome to our New Team Members



Healthwatch County Durham is very pleased to have 2 new members of the team - Victoria Dixon joined us in May as our Research & Communications Officer, and has already done a fantastic job of helping with our admin, increasing our social media presence and is busy updating our website, so look out for changes. Lynsey Kim joined us in June as an Engagement & Signposting Lead, and will be taking a lead on our Hospital Waiting Times work, as well as linking in with cancer networks and looking at pharmacy issues. Lynsey will be getting out & about in the area at local events, so come and say hello if you see a new face at our stalls.

Say Hello to Jiaxi Qin



Jiayi is just finishing her masters in 'Finance' and is our most recent volunteer to sign up to Healthwatch County Durham.

She has already carried out some checking of GP websites, along with another volunteer, Ann Thompson, for us, so big thankyou for that.

Jiayi is mainly going to carry out research tasks but is also coming with us to the Wolsingham Agricultural Festival in September to do some general engagement, and is attending the next Board meeting to get a better understanding of Healthwatch County Durham.

Jiayi is also keen to represent us at meetings, to keep us up to date with developments in Health and Care, in the County.

We look forward to working with Jiayi!

Summer Events

Our team will be out and about a lot this month, please see the table below for where you will find them and when! There are some fun family events and some very informative events, so please come and say hello!

If you have any enquiries about the events please contact us at

healthwatchcountydurham@pcp.uk.net

Stanley Family Friendly Roadshow	Quaking Houses Village Hall, Stanley, DH9 7HQ	Thursday 3rd August 2023	10am-1pm
Durham City Gents Breakfast	Cafe Cenzo, Durham Indoor Market, DH1 3FN	Wednesday 16th August 2023	9:15am-10:45am
Fire Station Open Day	Bishop Auckland Fire Station, DL14 6RS	Saturday 19th August 2023	10am-4pm
SENDIASS Roadshow	Spennymoor Leisure Centre, High Street, DL16 6DB	Thursday 17th August 2023	10am-4pm
Ladies Together Group	Bullion Hall, Chester-Le-Street, DH2 2DW	Tuesday 22nd August 2023	1:30pm-2:30pm
Pioneering Care Partnership Community Roadshow	Newton Aycliffe Youth and Community Centre, Burn Lane, DL5 4HT	Wednesday 23rd August 2023	10am-12pm
Wolsingham Agricultural Show	Wolsingham Showground, DL13 3JG	Saturday 3rd - Sunday 4th September 2023	10am-4pm

Have your say about the ICB draft Joint Forward Plan



The North East & North Cumbria Integrated Care Board have been working with partner organisations to produce their Joint Forward Plan. It describes how they will deliver the [Better Health and Wellbeing for All](#) strategy for NHS delivered or commissioned services and provides an overview of the main priorities and objectives for the medium term, and a summary of priorities, objectives and work programmes.

Read the [draft North East and North Cumbria Joint Forward Plan](#) here.

NENC ICB would like people's views on the plan to help deliver the ambitions agreed. Please email your feedback to necsu.icbplanning@nhs.net by 31 August 2023. Please mark the subject of your email "JFP feedback".

The final plan is due to be published in September. The Joint Forward Plan will be reviewed each year a revised version published every March in line with national guidance.

You can [watch videos and read more about the North East and North Cumbria Integrated Care Partnership](#) here.

Companionship Cafe

The Déjà Brew *Companionship* Café

Hosted by Home Instead Durham

We are pleased to be hosting a Companionship Café for older people in the local community.

Come along to a warm space, where you'll get a very welcome, a chance to socialise and reminisce, meet new people and even take part in some fun activities.

There is no cost involved, we provide light refreshments.

If you are living at home or with a family carer, we would love to see you and a family member, carer or friend.

For more information or if you have any questions, please call
Paula on 0191 374 4041

Email:
info.durham@homeinstead.co.uk



When and Where?

Framwellgate Moor Working Men's Club
34 Front Street, DH1 5EE

On the last Wednesday of the month
Starting January 25th from 1.30-3.00pm

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 **Home
Instead.**
To us, it's personal

Move Hub



thrive

Visit for free between Monday 24 July and Sunday 6 August.



New Move Hub now available at Abbey Leisure Centre

We all know the benefits of moving, but sometimes we need a bit of support to get started. Our brand-new Move Hub is here to help, with the latest power assisted equipment designed to give you a helping hand. It's a great way to start exercising or return if you're recovering from illness. Our staff are on hand to help support you and offer advice on how to get started.

We would like to invite you to try the Move Hub for free between **Monday 24 July** and **Sunday 6 August**.

Places are limited and need to be booked in advance by calling Abbey Leisure Centre on **03000 266 443**.

Please be aware that we will be taking photo's and videos during the sessions and you will need to complete a consent form.



Happiness Hubs Grant is Back



Spreading community spirit – Happiness Hubs 2023 grants is relaunched - PCP is calling for applications for organisations need to offer a safe space and activity for local people to meet, make friends, talk and feel supported, with the ultimate goal to help communities live happier, healthier lives.

‘Happiness Hubs’ aim to provide safe spaces for local people to meet, make friends, talk and feel supported. The ultimate goal is to help people to live a happier, healthier lives whilst promoting mental health and personal resilience.

Grants of between £500 and £7,500 are available for projects we can fund for minimum of 12 - 18 months in County Durham and Darlington.

Happiness Hub Development Officer, Jane Cunningham, is available to help you with your application.

To find out more or to request an application pack contact:

Email: Happiness.Hubs@pcp.uk.net

Call: 07715 204462

Text: 07715 204462

The closing date for applications is:
Friday 25th August at 5pm



Diabetes Survey



DIABETES COLLABORATIVE

CLINICAL TRIAL NETWORK

Do you have questions about Type 1 Diabetes?

We want to know what questions you have.

The Diabetes Collaborative Clinical Trial Network would appreciate your insight and contribution in a short Type 1 Diabetes Survey. Your input will be used to develop a top 10 unanswered research priorities created by and from the Diabetes Community.

To do the survey go to nuigalway.questionpro.eu/T1Dsurvey

Who can do the survey?

- Anyone over the age of 18
- Living in the UK or Ireland

Either

1. Diagnosed with type 1 diabetes,
2. Close to someone who lives with type 1 diabetes (e.g. family member, partner or friend)
3. A professional involved in the care of adults with type 1 diabetes we want to hear the questions you would like answered.

What is the survey about?

We are looking to understand what members of the Type 1 diabetes community have questions about. It can be about anything about type 1 diabetes that matters to you.

Who will see my questions?

All responses will remain confidential and secure. We have contracted with QuestionPro, an independent research firm, to field your confidential survey responses secure.

What if I have more questions?

You can read about the Diabetes Collaborative Clinical Trial network diabetestrialsctn.ie and the James Lind Alliance at jla.nihr.ac.uk
Or email the network at info@diabetestrialsctn.ie



**James
Lind
Alliance**

Priority Setting Partnerships

Scan this
QR code
to do the
survey
now!



HRT Prescription Prepayment Certificate



You can get an [HRT](#) prescription prepayment certificate ([HRT PPC](#)) from the [NHS](#) if you've been prescribed an [eligible hormone replacement therapy \(HRT\) medicine](#).

The [HRT PPC](#) costs £19.30 for 12 months. This will cover all your eligible [HRT](#) prescriptions for that period, no matter how many different medicines you need. There's no limit on the number of [HRT](#) prescription items you can get with it while it's valid. You will save money if you're going to buy more than 2 prescription items in 12 months.

For more information on this please visit the [government website here](#) or you can phone the HRT PPC support line on 0300 330 2089.

ManHealth - Support for Dads



ManHealth, who offer support to men experiencing mental health difficulties, will be holding free online Zoom peer support groups aimed at Dads.

These will be held fortnightly, starting on **Thursday 3rd August 6:30pm to 8pm.**

The sessions will offer support to Dads going through a family breakdown, separation or divorce, parental alienation or going through the court system, co-parenting or sharing care etc. They will provide strategies and tools to help men cope with these issues; provide emotional and mental health support; provide a confidential, safe environment for men to be able to share their experiences and to be able to connect with others going through the same.

To join, please email admin@manhealth.org.uk or kathryn@manhealth.org.uk for the free Zoom link.

Proudly supported by Families Include Fathers <https://familiesincludefathers.co.uk/>

Support for Gambling



GambleAware

IS GAMBLING GETTING IN THE WAY OF THE LIFE YOU WANT TO LIVE?

If you are concerned about your gambling or you are a family member needing support, you can talk to us.

Find help and support today.

Our services are **free**, flexible and confidential.

To complete a referral to NECA Gambling Service, please scan the QR code



Contact Telephone - NECA Gambling Services

0191 562 3309

Charity Number: 516516

If anyone would like a presentation on how you can refer to NECA at your team meeting

please contact:

Amanda Sutcliffe

Community & Development Engagement Lead

Mobile: 07808 343108

Tel: 0191 5623309

E-mail : amanda.sutcliffe@neca.co.uk

Cumbria



The Public Health Programmes Team, NHS England for the North East and North Cumbria are interested to understand what women think about breast screening and what might be preventing some women from attending an appointment. Whether you have attended before or not, we would appreciate your help and ask that you complete the short survey using the link below. Or you can use the camera on your mobile device and aim the screen at the QR Code and tap to open the survey. The survey will take only a few minutes to complete.

Your response is important and will help us improve breast screening services across our region. Thank you.

[Breast Screening in the North East and North Cumbria Survey - We need your help!](#)

Domestic Abuse Safe Space Website

Offering support to those who are:

- ✓ **Living in County Durham**
- ✓ **Over the age of 25**
- ✓ **Out of work**



Call us today to begin making a real difference to your life!

01207 524 833

- @reachingoutacrossdurham
- @reachingoutacrossdurham
- @roaddurham



UK Government



The ROAD Partnership is funded by the UK Government through the UK Shared Prosperity Fund.

What is ROAD?

Reaching Out Across Durham (ROAD) is a partnership of voluntary and community sector organisations who want to make a real difference to the lives of those in County Durham aged 25+ who are not currently in work:

Where we work?



- Access to a range of training and vocational courses to help you increase your skills
- Guidance, support and advice tailored to you to help you make positive changes
- Support that is tailored to you and around your schedule

"Volunteering increases my sense of worth..."

"I now want to go out. Not long ago I didn't want to leave the house..."

"I am making informed, healthy choices..."

What does ROAD offer?

Health & Wellbeing

- Developing coping skills and relaxation techniques
- Learning to think positive
- Eat and cook healthier
- Improve mobility
- Build confidence

Finance & Digital

- Learn how to budget and use online services
- Shop smart and get the best online deals
- Learn to safely use the internet
- Benefits entitlement

Employment

- Access to Training
- Job search and interview techniques
- Create or update your CV

Volunteering

- Create a greater sense of well-being
- Gain new experiences and skills
- Develop your confidence
- Meeting new people

Reduce Isolation



Enhance Life Skills



Unlock your potential

Get in touch today by calling **01207 524 833** or texting **07860 853 945**, you can also email **road@groundwork.org.uk** or visit our website: **www.reachingoutacrossdurham.co.uk**



By scanning the QR code, you can refer via ROAD's online form.

Skills for Living with Type 2 Diabetes



Charity no: 1069993



Skills for Living with Type 2 Diabetes



A 6-week course for adults with a learning disability who have type 2 diabetes

Starting very soon in

- **Chester-Le-Street**
- **Stanley**
- **Consett**



You can come on this course if:

- You are over 18 years of age and have a learning disability
- You have type 2 diabetes (but are NOT using insulin)
- You live in one of these places and are registered with a local GP

"Learn about how to look after yourself well when you have type 2 diabetes so you can live a long and healthy life!"



GP Surgery

For more information and to book a **free** place:

Contact your GP practice and ask them to refer you to the 'Skills for Living with Type 2 Diabetes' Course

Or contact Skills for People for some help with this.



Email: info@skillsforpeople.org.uk

Or call: **0191 281 8737** (ask for Erin or Sara)

Free Webinar for People Living with Pain



A FREE webinar for people living with pain

Flippin' Pain is a public health campaign that shares the latest understanding of pain with those who need it most.

Join us online for an easy-to-understand look at some of the latest (often surprising) science of PAIN, and why it could really matter to YOU.

The talk will be followed by an audience Q&A with a panel of experts, including people who live with long term pain.

More information and to book:

Scan with
your phone
camera



bit.ly/TeesValleyFlip

Type into your
web browser



Mon 7 August
6:30-8:00pm
Online event



YOU'VE
GOT
THIS.



Problems booking? Email info@flippinpain.co.uk



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