
News update - January 2026



As you may know, we don't usually send out a January bulletin due to the festive break. But this month we have some important news to share and would also like to ask for your help in gathering information to share with the Integrated Care Board.

Don't forget, we are always here to listen to your feedback about services – whether good or bad, your voice is what helps services to improve.

Healthwatch County Durham Chair in New Year's Honours List



We are delighted to tell you that the Chair of our Board, Chris Cunnington Shore, was awarded an M.B.E. in the King's New Year's Honours list.

Chris has worked tirelessly for many years, in a range of voluntary roles, helping to improve health and care related services for the people of County Durham.

As our Chair, he brings a wealth of knowledge and experience to the role but also a dedication to the whole ethos of Healthwatch and a determination that people's voices should be heard.

Chris's unwavering commitment to Healthwatch County Durham and his exceptional support for our team, enable us to remain a strong, independent voice for local residents.

We are all thrilled that Chris's efforts have been formally recognised and we are very proud to have him in the role of the Chair of Healthwatch County Durham.

Congratulations Chris!

Help shape the future of palliative and end-of-life care

Write a better ending.

Share your views on palliative and end-of-life care in County Durham.

healthwatch
North East and North Cumbria



Survey



Palliative care supports people who are living with an illness that cannot be cured. This includes things like cancer and incurable heart or lung disease. It focuses on helping someone feel as comfortable as possible in body, mind and spirit, while also supporting their family and carers.

End-of-life care is a form of palliative care given when a person is approaching the final stages of life.

The North East and North Cumbria Healthwatch Network, including Healthwatch County Durham, is supporting the NHS in the region to hear how people feel about discussing death, dying and the care they would want for themselves or their loved ones.

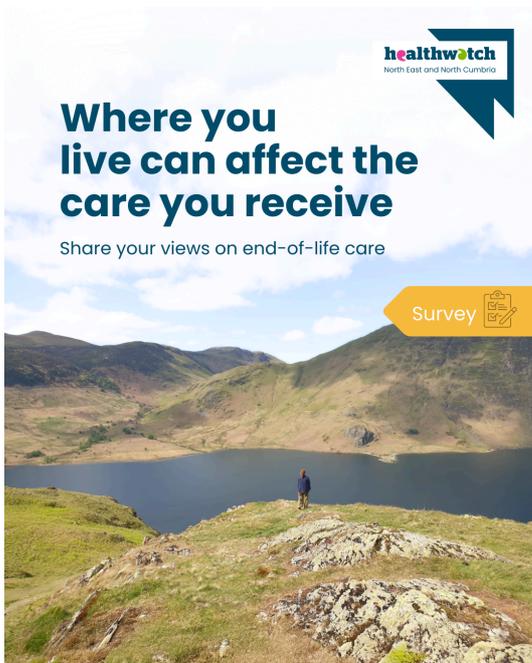
Talking about death is something many people find difficult, but your views can make a genuine difference to how support is given. Your feedback will help shape plans for future services and support in the region.

You can take part in the survey through the button below.

[Click here for survey](#)

If you need support:

Thinking about dying or end-of-life care can be difficult. If you would like to talk to someone or you need more information, the organisations below offer support.



[Northern Cancer Alliance – Homepage](#)

Provides information, guidance, and resources to help people understand cancer care and support across the North East and North Cumbria.

[Macmillan Cancer Support](#)

Provides emotional, practical, and financial support for people affected by cancer, including help for families and carers.

[Cruse Bereavement Support](#)

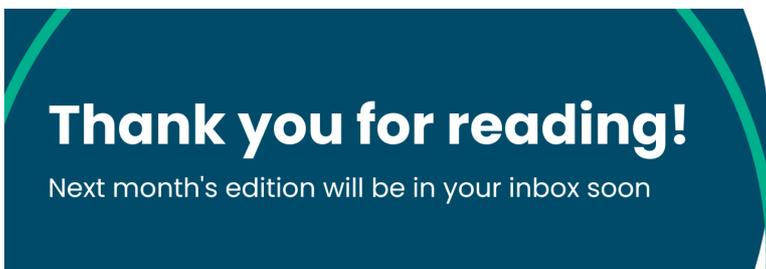
Offers support, advice, and someone to talk to if you are dealing with grief or loss.

Share your experience with us

Our work starts with your story. You can share your feedback with us at any time — anonymously if you prefer.

- **Telephone:** 0300 180 0025
- **Email:** info@healthwatchcountydurham.co.uk
- **Website:** www.healthwatchcountydurham.co.uk

If we're not available straight away, please leave your details and a member of the team will get back to you.



Contact us:



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Call: 0300 180 0025 between the hours of 09:00
- 17:00 Monday to Friday

Email: info@healthwatchcountydurham.co.uk

Making a complaint: Find out about
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