

News update - November 2025



This month, we shine a light on the experiences that matter most to our community. From supporting families through miscarriage, to recognising unpaid carers, exploring medication changes and celebrating men's health and wellbeing, there's something here for everyone.

Discover the latest reports, events and opportunities to get involved – and have your voice heard in shaping local health and care services.

Your experiences of miscarriage

New report

Our latest report explores the experiences of people in County Durham who have gone through miscarriage. It highlights the emotional impact, gaps in support and the importance of compassionate, informed care.

While some families received kindness and empathy from staff, many described feeling dismissed, isolated or traumatised. The report calls for better emotional support, clearer communication and environments that respect families' needs during such a difficult time.

[Read the full report here.](#)



Have your regular medications been reduced or changed?

Healthwatch County Durham wants to hear from you.

If you've recently had your medication reduced, stopped, or changed, we'd like to understand how this has affected you. Your experiences can help us highlight what's working well and where improvements are needed in local health and care services.

We're inviting people to share their stories through a short, informal phone chat.



To share your experience, contact:

Lynsey Kim

 0191 916 9833

 lynsey@healthwatchcountydurham.co.uk

For general enquiries, call **0300 180 0025**

Your feedback helps make sure local voices are heard and that everyone receives safe, effective, and compassionate care.

Moors fans offered health MOTs to stay in the game this winter

Spennymoor Town football club is inviting fans to take a shot and get a winter health MOT this weekend.

Fans eligible for flu or COVID-19 vaccinations will be offered their jabs alongside blood pressure checks, diabetes screening and advice on quitting smoking from NHS health teams at the match against Barrow at The Brewery Field on Saturday 1 November.



Spennymoor Town FC are one of four clubs across the NE region hosting winter check events, offering free vaccinations to those eligible, simple health check-ups, and helpful advice to stay well this winter.

Dr Catherine Monaghan, medical director, NHS North East and North Cumbria Integrated Care Board (ICB), said, "It's fantastic that Spennymoor are helping to support our NHS vaccination campaign and winter health checks."

The matchday health checks will be held in the 'Matchday Office', 90 minutes before the 3pm kick off and are available to everyone.

"Offering winter vaccinations and health checks in football grounds will hopefully make it easier for fans to access vital care and advice," said Dr Monaghan.

Future matchday clinic dates at Spennymoor & Darlington:




- 8 November, 3pm: Spennymoor Town v Peterborough Sports at The Brewery Field
 - 22 November, 3pm: Darlington v Spennymoor Town at Blackwell Meadows
 - 25 November, 7:45pm: Darlington v Curzon Ashton at Blackwell Meadows
 - 29 November, 3pm: Spennymoor Town v Chester at The Brewery Field
 - 9 December, 7:45pm: Spennymoor Town v Buxton at The Brewery Field
 - 20 December, 3pm: Spennymoor Town v Oxford City at The Brewery Field
-

Durham Carers Roadshow

Recognising & supporting unpaid carers

Are you a carer, or know someone who is?

Come along to the Durham Carers Roadshow to find out about support, advice and resources to help you care while looking after your own wellbeing.

 Thursday 20th November
 10:00am - 2:00pm
 Bishop Auckland, Methodist Church,
21 Cockton Hill Road, DL14 6EN

Your wellbeing matters – come along and find out about the resources and support available to you.

 Learn more: <http://bit.ly/4olczEU>



The poster for the Durham Carers Roadshow features logos for Durham County Council, County Durham & Darlington carers support, and NHS County Durham and Darlington NHS Foundation Trust. It includes three photographs: a man hugging a child, hands being held together, and a woman kissing a child. The main title 'Carers Roadshow' is in large white letters on a blue background. Below the title, it asks 'Do you, or someone you know, look after someone who couldn't manage without your support?' and 'Find out what support is available to help you care while also prioritising your wellbeing'. It specifies the date 'Thurs 20th November 2025', time '10:00 – 14:00', and location 'Bishop Auckland Methodist Church, 21 Cockton Hill Road, DL14 6EN'. A QR code is provided with the text 'SCAN ME' and 'Scan this QR code to add this event to your calendar!'. A list of topics to discuss is also included.

Carers Roadshow

Do you, or someone you know, look after someone who couldn't manage without your support?

Find out what support is available to help you care while also prioritising your wellbeing

Thurs 20th November 2025

10:00 – 14:00

Bishop Auckland Methodist Church
21 Cockton Hill Road
DL14 6EN

SCAN ME

Scan this QR code to add this event to your calendar!

Come and have a chat about:

- Your rights as a carer
- Free counselling
- Benefits checks
- Social care support
- Free health checks
- Grants and bursaries
- Advice on looking after parents
- Support for young carers
- Support for young adult carers
- Support for parent carers
- Alzheimer's advice
- Equipment advice
- Discount cards
- And more!

Come along to:

- Get tailored advice and guidance for unpaid carers
- Learn about local services and wellbeing support
- Connect with others who understand your experiences
- Take a moment for yourself in a warm, welcoming space

Refreshments will be available to purchase.

This event is supported by County Durham and Darlington NHS Foundation Trust, who are committed to recognising and supporting unpaid carers in our community.

He Thrives

Celebrating men and physical activity in County Durham



This November, to mark **Movember** and **International Men's Day**, *he thrives* is celebrating men across County Durham who stay active, volunteer, and inspire others in their communities. The campaign highlights the benefits of physical activity for both **physical and mental wellbeing**, while encouraging more men to get involved.

Get Active – Free Taster Sessions

- **Recreational 5-a-side football** – Weekly sessions at Peterlee, Meadowfield, Consett, and Spennymoor leisure centres. Book via your local centre.
- **Walking Cricket** – Slower-paced cricket sessions at Freemans Quay Leisure Centre. No booking needed.
- **Balls & Brew Golf** – Men-only golf taster sessions at Cocken Lodge Golf Club. Equipment and hot drinks provided.

Men's Taster Events

Try a variety of sports, connect with your community, and discover local health and wellbeing support. Open to all men, no booking required.

Technogym “He Moves” Challenge

Track your activity via the Technogym App this November. Walk, run, cycle, or gym it up – earn points, unlock prizes, and thrive with a community of like-minded men.

Dad's Time Out

Short, effective on-demand workouts for dads and male carers – just 10–20 minutes anytime, anywhere, no equipment needed.

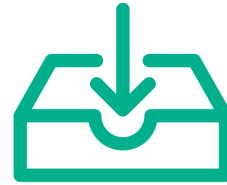
Free 7-Day Leisure Centre Pass

Experience gyms, swimming, and classes for a week – no commitment, just an opportunity to move, connect, and thrive.

Find out more and get involved: [he thrives](#)

Thank you for reading!

Next month's edition will be in your inbox soon



Contact us:



Healthwatch County Durham
Unit 3
Crook Business Centre
New Road
Crook
County Durham
DL15 8QX

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
our [complaints process](#)



Facebook



Twitter



Website



YouTube



LinkedIn

Copyright © 2019 Healthwatch County Durham, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Healthwatch County Durham · Unit 3, Crook Business Centre · New Road · Crook, County Durham DL15 8QX · United Kingdom

