

healthwatch County Durham

May 2024 News Update

Annual Event!

healthwatch
County Durham

Annual Event

You're invited to join us for our upcoming Annual Event. We have 2 guest speakers confirmed and updates from the team. Refreshments and lunch will be served.

 **Wednesday 3rd July**

 **9.45am – 1.30pm**

 **Bishop Auckland Football Club, Heritage Park, Stadium Way, St Helen Auckland, Bishop Auckland, DL14 9AE**

To book your place, visit the link or scan the QR code:

<https://www.eventbrite.co.uk/e/healthwatch-county-durhams-annual-event-tickets-871752403907>

0800 304 7039 healthwatchcountydurham@pcp.uk.net

Our website www.healthwatchcountydurham.co.uk



Join us for our Annual Event on 3rd July. We have 2 guest speakers confirmed, Michael Laing - County Durham Care Partnership and Chris Morton - Tees Esk and Wear Valley. There will be updates from the team and the volunteers. Lunch and refreshments will be provided.

Booking is essential. Please click the link below to book or scan the QR code on the poster:

<https://www.eventbrite.co.uk/e/healthwatch-county-durhams-annual-event-tickets-871752403907?aff=oddtcreator>

Meet our new volunteer - Derick



Meet our newest Volunteer, Derek Short. Derek is retired from the Police force, where he was involved as an officer, then worked with the dog handling section and then went to admin support.

Derek told us 'I have a mixed bag of skills including being computer literate, a good dancer, crafty person and really interested in genealogy. I have a dog called Luna who is a great companion and is very special to me!'

Derek is keen to meet other people and sees his volunteering as a way of socialising, and also improving life for people around areas of health and care in County Durham.

Miscarriage Feedback

We would like to hear from anyone that has been affected by miscarriage



Healthwatch County Durham would like to hear from anyone who has been affected by miscarriage. We understand that this is a very upsetting and sensitive subject, however we would like to understand your experiences of miscarriage and what support was there for you at this difficult time. We will use your feedback to make recommendations to improve services and ensure women's voices are heard.

Please click on the link

below <https://www.smartsurvey.co.uk/s/M2CPV1/>

or contact Julia Catherall, Engagement and Signposting Lead on 07756 654218 or email julia.catherall@pcp.uk.net

All information shared will be confidential and not identifiable to you.

Workshops and Support in Stanley with Durham County Council



We are set to deliver a whole month of micro-workshops in Stanley.

Working alongside Durham County Council and The Bread & Butter Thing, the pilot sessions at St Stephens Community Centre in South Stanley will cover a range of subjects including personal finance, employment, and health and wellbeing.

The sessions are open to all and will benefit attendees by:

- Showing some of the best ways of saving money and improving finances
 - Providing confidence building techniques and routes into work
 - Helping to build better health services in the area.

The team will also be available after the sessions for any questions and 1:1 discussion.

Organisers Paul Atkinson (DCC) and Annie Pluse (TB&BT) said *“we are hoping to further develop our partnership working in County Durham, with a view to helping those that use the fantastic Bread & Butter service and those in the local community, get more from their visit to the centre, in the form of some sound advice and guidance”*.

The sessions start on 2nd May and run every Thursday of the month from 11:30 at St Stephen’s Community Centre in Stanley.

To find out more about information about these sessions contact: lynsey.kim@pcp.uk.net or phone 07706 359 390

Dates : we have planned to be there on:

Thursday 02 May 12:10pm

Thursday 09 May 11:50am

Thursday 16 May 11:30am

Thursday 23 May 12:10 pm

At St Stephen’s Community Café, Hollyhill Gardens, Stanley, DH9 6PG.

Farming Health Survey



Are you part of a farming community within County Durham?

Healthwatch County Durham are running a survey on the subject of “access to health and wellbeing services for farming people”. We want to better understand what issues the farming

communities face when they need health or care services. Please take a few minutes to give us your views via the link here: <https://www.surveymonkey.com/r/V7LPRCB>

Or to request a paper copy, contact Tony Bentley on tony.bentley@pcp.uk.net / 07821650442.

Please feel free to share to share this information with anyone who may be interested in contributing.

North Tees and Hartlepool and South Tees Hospital NHS Foundation Trusts Merge Survey



Recently North Tees and Hartlepool and South Tees Hospital NHS Foundation Trusts formally came together to work as a partner trust. This is an opportunity for the 2 trusts to work together to strengthen their offer of patient care.

This includes the following hospitals: University Hospital of North Tees, University Hospital Hartlepool, Peterlee Community Hospital and James Cook University Hospital.

We would like to hear what you think about this and what you would like to see next from the trust.

Fill out the survey here:

<https://www.smartsurvey.co.uk/s/GROUPMODEL/>

Mental Health Awareness Event



Mental Health Awareness Week

Tuesday 14th May 2024

Join us for this partnership event featuring information stalls and activities.

The theme for this year is movement for better mental health.

Refreshments Provided

FREE ENTRY

Jubilee Fields Community Centre

10.30am - 2.30pm

Jubilee Fields COMMUNITY CENTRE

Stamp It Out
Mental Health Anti-Stigma and Discrimination Campaign

SHILDON TOWN COUNCIL

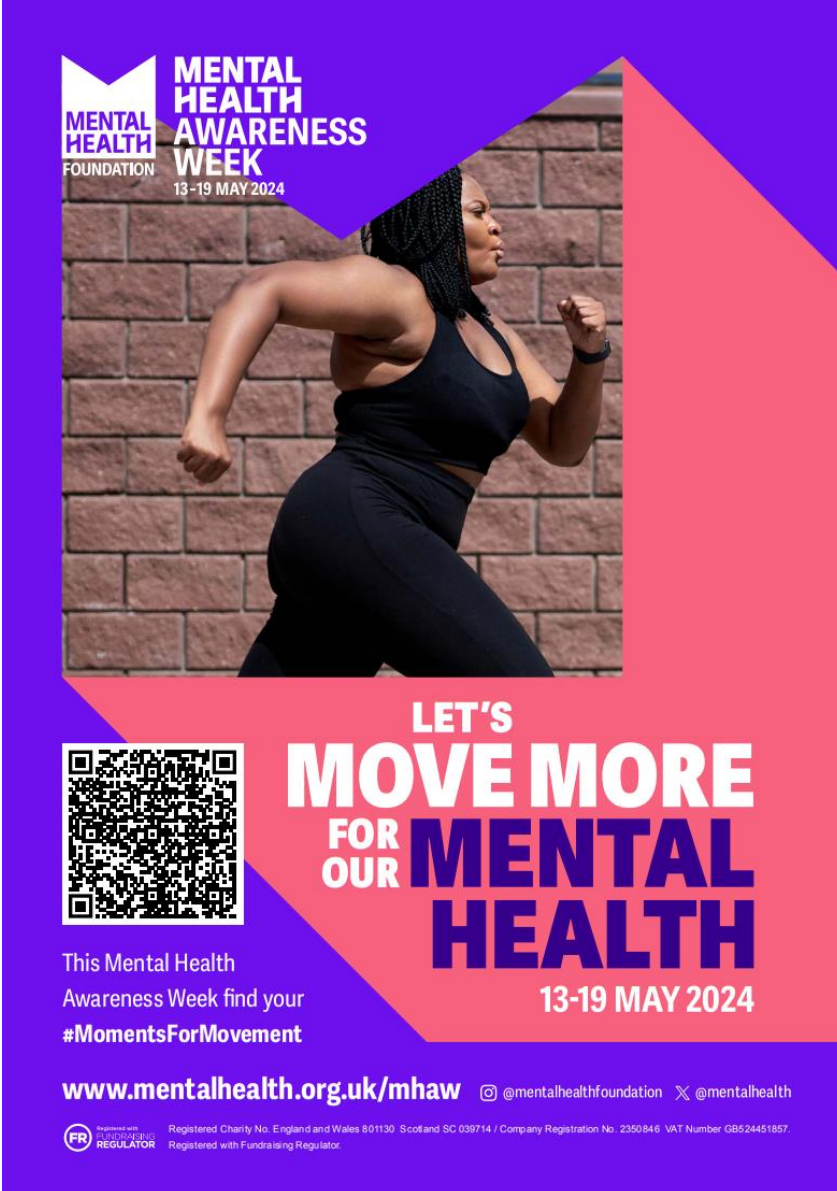
The poster features a collage of images: a head silhouette with gears, a family playing soccer, a cup of coffee, and a red ribbon. It also includes logos for Stamp It Out and Shildon Town Council.

Join us at Jubilee Fields Community Centre on Tuesday 14th May for a Mental Health Awareness Week celebration hosted by Stamp it Out and Shildon Town Council.

The event will take place from 10:30am to 2:30pm, and will feature a variety of information stalls and activities!

The event is free, and refreshments will be available!

Mental Health Awareness Week



MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
13-19 MAY 2024

LET'S MOVE MORE FOR OUR MENTAL HEALTH
13-19 MAY 2024

This Mental Health Awareness Week find your **#MomentsForMovement**

www.mentalhealth.org.uk/mhaw @mentalhealthfoundation X @mentalhealth

FR FUNDRAISING REGULATOR Registered Charity No. England and Wales 801130 Scotland SC 039714 / Company Registration No. 2350846 VAT Number GB524451857 Registered with Fundraising Regulator.

Mental Health Awareness Week is from 13th-19th May. The theme this year is **#MomentsForMovement** which focuses on adding more movement into everyday routines such as moving around whilst the kettle is boiling, dancing in the living room, doing chair exercises whilst watching the TV.

Movement is very important for mental health and the more movement you do the more you are working towards protecting your mental health.

For more information and resources click the link:

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Why not take part in the campaign online by using the hashtag **#MomentsForMovement** to show how you have moved for your mental health.

Physical Health Survey for people with severe mental health

Have you experienced severe mental illness?

Would you like to take part briefly in a study about physical health and earn a Love2Shop gift voucher by way of thanks?
I would only need up to 60 minutes of your time. Nobody else would know.

**£25
gift card**


If you answer yes to the following and would like to know more, read on:

- Are you aged 18 or over?
- Do you have schizophrenia, bipolar disorder or psychosis?
- Do you live in the Chester-le-Street area?

What is the purpose of this study?
The purpose of this study is to find out what support is available in the community for healthy weight management and if this is important to people who have severe mental illness.

Make your voice heard.
I would like to interview you confidentially about your views of receiving support for healthy weight management from your GP practice or in the community and suggestions for any changes that could be made to improve how things are done.

Who is sponsoring this study?
Teesside University in Middlesbrough is the sponsor for this study.



Teesside University is sponsoring this project for the purposes of research governance

What will the interview involve?

- The interview will take place face-to-face, on the telephone or by video call at a time and place convenient for you.
- Before the interview begins you will be able to ask further questions.
- The interview will then begin and you will be asked about your views and experiences of physical health and keeping a healthy weight.
- You can change your mind any time during the interview and we will stop. You don't have to give a reason.
- After the interview you will be given a £25 Love2shop voucher to say thank you.

What next?

- **Contact me by email:** h.stevens@tees.ac.uk
- **Or call me on:** 01642 38 49 10
- **Or follow this link to read about online it in your own time**

<https://app.onlinesurveys.jisc.ac.uk/s/teesside/study-information-and-consent-v1-4-22-07-2023>

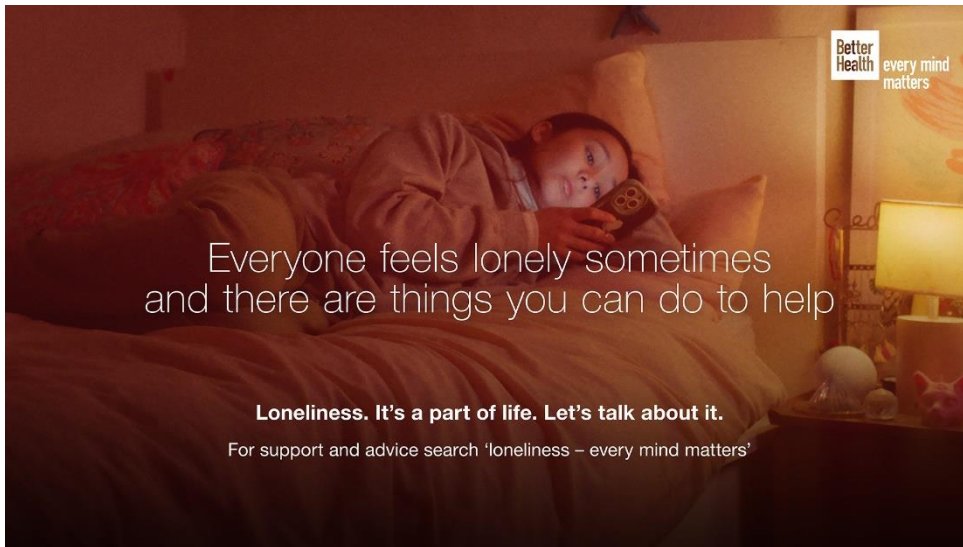
v1.1_04.02.2024 IRAS ID: 329842

Have you experienced severe mental health issues such as schizophrenia, bipolar disorder or psychosis?

Could you take part in a study about physical health?
You will receive a Love2Shop voucher for participating.

Follow the link to get involved: [Study information and consent_v1.4_22.07.2023 \(jisc.ac.uk\)](https://app.onlinesurveys.jisc.ac.uk/s/teesside/study-information-and-consent-v1-4-22-07-2023)

Loneliness Campaign - Ways to get involved



The Department for Culture, Media and Sport has recently launched the next phase of the Better Health - Every Mind Matters campaign. Targeted at 16 - 24 year olds, one of the most at risk audience groups, the campaign aims to reduce the stigma of loneliness, increase knowledge of where to find support and encourage taking action.

There are a range of ways to feel more connected such as joining a new club and reaching out to a friend. Loneliness. It's a part of life. For support and advice visit: <https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/> #EveryMindMatters

Maternity and Neonatal Advocacy

If you have received care in the North East or North Cumbria and need support, People First can help you.



Scan the QR code to find out more

We can help you if:

- After 24 weeks of pregnancy, your baby died before or during birth
- Your baby died within 28 days of being born
- Your baby has a brain injury or a brain injury is suspected
- You were cared for on a critical or intensive care unit and this was unexpected
- You had an unexpected or unplanned hysterectomy (removal of your womb) within 6 weeks of giving birth
- The baby's mother or birthing person has died

Maternity and Neonatal Independent Senior Advocacy is free and confidential.

How to get help

☎ 0300 303 8037 🌐 wearepeoplefirst.co.uk



Service provided by People First Independent Advocacy, Registered Charity No. 1184112

If you need help with issues around pregnancy, maternity, or neonatal issues stated above get in touch with People First. For more information scan the QR code or click on the link: <https://wearepeoplefirst.co.uk/advocacy/mnisa/>

Share your News

If you have anything you would like to share with us to put in the e-Bulletin, please get in touch and we will be able to include it in the future. This can include upcoming events, important information on health and social care and support around County Durham. Email victoria.dixon@pcp.uk.net if you would like your information on the e-Bulletin.



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