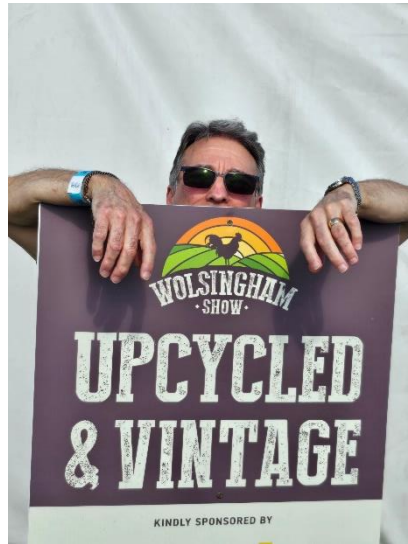


October 2023

healthwatch County Durham

October 2023 News Update

Wolsingham Show



On 2nd and 3rd of September we attended Wolsingham Show. In a team effort we manned the gazebo all weekend and spread the word about Healthwatch County Durham. We raised awareness about what we do and how we could help people. We engaged with around 250 people, got 62 surveys completed and we gave out lots of promotional materials. At the stall we had a lucky dip for children and 'pick a stick' for adults, who were able to pick a stick and win a Healthwatch County Durham goodie.

We were joined by a 2 volunteers Leah and Jiaxi and we were very grateful for their help, thank you!

The team all had a great weekend and we were very pleased with the amount of people who engaged with us.

Team Activity Day





The Healthwatch County Durham team took time out of our busy schedules this month and had a team activity away day. We tested our skills and nerves at ROF 59 in Newton Aycliffe on the climbing walls, then had a more relaxing afternoon putting our creative skills to the test with a pottery session. It was great to spend some time away from the desk as a team.

Flu and Covid 19 Vaccinations



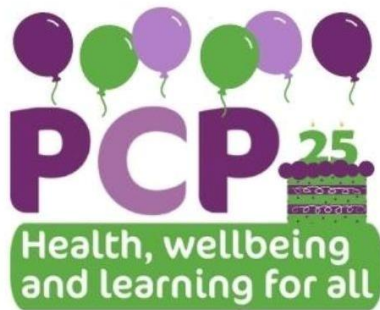
This year's autumn flu and COVID-19 vaccine programmes will start earlier than planned in England.

The decision means those most at risk from winter illness - including people in care homes for older people, the clinically vulnerable, those aged 65 and over, health and social care staff, and carers - will be able to access a COVID vaccine from now.

The annual flu vaccine will also be made available to these groups at the same time wherever possible.

Vaccinations started rolling out on 11 September 2023, with adult care home residents and those most at risk to receive vaccines first. NHS England will announce full details of the accelerated roll-out soon.

Happy 25 Years to PCP!



Our host organisation the Pioneering Care Partnership (PCP) turned 25 this year and we celebrated this at the staff meeting. We would like to wish them a happy birthday and wish them good luck for the next 25!

PCP is a health and wellbeing charity situated in Newton Aycliffe, with projects across the Northeast and has been Healthwatch County Durham's host organisation for 4 years.

Student Experience of Health Services



One of our newer volunteers, Jiayi Qin, spent some time recently talking to two student friends, Robbie and Oliver, about their experience of health services, in County Durham.

SHOUT OUT TO CLAYPATH SURGERY - Robbie, who spent three years doing an undergraduate degree in Durham, had sought medical attention from Claypath surgery, during his time here. He noted that the doctors and the staff were exceptionally kind, helpful, and efficient in providing assistance. Generally Robbie felt that his healthcare experience in Durham had involved shorter waiting times and doctors who seemed less rushed, compared to his experiences in areas with larger populations. He also shared that when he needed to contact the hospital, University Hospital of North Durham, for test results or to address any queries, the response was also prompt.

DENTISTRY - As Oliver had registered with an NHS dentist near his home, outside of County Durham, it seemed impossible to register with another one in Durham when he needed to see someone. Given that his wisdom teeth were causing significant pain, he opted to consult a private dentist. After making the appointment, finding the dental office proved to be a bit of a challenge for him, as it was located on a first floor. He did highlight that the dentist he consulted was kind and helpful. The visit cost £50, which was a notable expense for a university student.

PHARMACY - Additionally, after receiving his prescription, Oliver had to wait for his medication at the pharmacy for about half an hour, a delay he found unusual compared to his prior experiences.

Although Students don't automatically get free NHS cover, under the NHS Low Income Scheme you could get money off dental treatment. The awards are means-tested, which means that they depend on your income. All students - including international and EU students - can apply.

<https://www.nhs.uk/nhs-services/dentists/how-can-i-access-an-nhs-dentist-in-an-emergency-or-out-of-hours/>

IIC World Mental Health Day - Family Event

Investing in Children

World Mental Health Day 2023 Event

Saturday 14th October 11am-2pm

**Durham Cricket Ground,
Chester-le Street DH3 3QR**

Creative Arts Workshop

Refreshments provided

Find out about local services

Physical Health & Nutrition Workshop

Self-help boxes

Sleep-hygiene Workshop

People showcasing Positive experiences

Thriving

Getting Advice, Getting Help, Getting More Help, Getting Risk Support

Click or Scan this QR Code to book a place

***Details of the workshops will be confirmed closer to the date**

**For more information please contact:
chris.affleck@investinginchildren.net
or call - 01913077030**

Investing in Children are hosting an event for young people and families living in County Durham. There will be workshops in which you can find ways to manage your mental health and emotional wellbeing, connect with local support services and hear young people's inspiring stories of living with mental ill-health.

Follow the link to book free tickets: <https://www.eventbrite.co.uk/e/world-mental-health-day-young-people-and-families-event-tickets-700246414877?aff=oddtcreator>

Pharmacy Experiences and Feedback



Pharmacy Feedback

We would like to hear from you!

We would like to interview people who have recently used pharmacy services.

- We want to listen to people's experiences
- Find out if there are areas that need improving.




What will taking part involve?




Lynsey from the team will have an in-depth conversation with you, and collect your views. This will be fed back to Healthwatch England.



Contact us:

 07706 359 390 

 lynsey.kim@pcp.uk.net

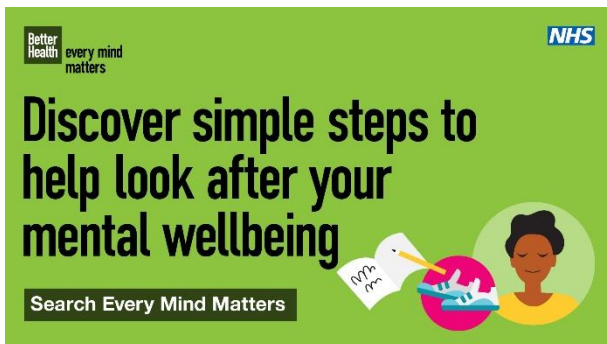
A composite image featuring a portrait of a blonde pharmacist on the left and a pink contact information box on the right. The box contains the text 'Contact us:', a phone icon followed by the number '07706 359 390', and an email icon followed by the address 'lynsey.kim@pcp.uk.net'. A megaphone icon is positioned to the right of the phone number.

We are looking to gather some feedback about pharmacy experiences, both good and not so good. We want to hear it all. Lynsey will get in touch with you to set up a time that's best for you to listen to what you have to say about your feedback and this will be used anonymously to send back to Healthwatch England.

World Mental Health Day



The 10th of October 2023 marks World Mental Health Day. This year's theme is 'Mental health is a universal human right'. This means everyone has a right to the highest standard of positive mental health. The day aims to raise awareness of good mental health and highlights the importance of small changes making big differences to your wellbeing. Better Health Every Mind Matters have created a Mind Plan quiz with 5 questions. The quiz will create a personalised action plan with practical tips to help improve your mood, lower stress and anxiety and feel more in control. Taking the quiz will help to find out what can work for you and includes tips from experts but also helps you to help other people around you who may be struggling. <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>



Stoptober



What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

Female Recovery Through Experience and Empowerment

Join a group session for women which includes a safe space for women to share their experiences for women who have experienced abuse, addiction, or mental health struggles. Please note they now have a new location at Durham City Methodist Church.



FEMALE RECOVERY THROUGH EXPERIENCE AND EMPOWERMENT



WHAT: Group sessions, a safe space to share, delivered from women with experience. Women who've been there, lived through abuse, addiction, and mental health, and are passionate about helping others.

WHO: Any female within County Durham who have experienced abuse, addiction, or mental health.

WHY: Women connecting with women, supporting each other to improve their health and wellbeing.

WHERE:

Durham City Methodist Church,
28 North Road, Durham, DH1 4SG
(next to the bus station).

WHEN:

Every Tuesday and Friday
10am - 2pm.



For any further info about FREE please contact
peter.stobart@durham.police.uk 07525233512



P79/23

MAIN Autism Post Diagnostic Support Service County Durham



Autism Post Diagnostic support service County Durham

MAIN have been commissioned by Durham County Council and NHS to provide a Post diagnostic support service.

We support Autistic individuals over 16 in County Durham understand Autism/self, following a diagnosis.

The area's in which we provide support are:

- ♦ Understanding self
- ♦ Understanding and managing anxiety and emotions
- ♦ Building on social skills
- ♦ Reasonable adjustments in education/work and volunteering
- ♦ Aiding communication
- ♦ We offer reassurance

Clients will be allocated a Service coordinator, who will work with you to complete some 'getting to know you' paperwork.

Clients can also access support sessions on topics identified in their support plan.

We do not discharge so clients can access our service once they have completed support i.e. self-initiated support for reassurance. This can be by phone or email.

We can offer telephone, video calls or in person appointments at our office in Framwellgate Moor.

If you would like any more information or a referral form, please contact us on;

TEL — 0191 3008556 Email — durhamteam@iammain.org.uk

Free Event for People with Long Term Conditions



NEURO KEY
An Alliance supporting people with neurological conditions



MIND THE GAP: INTEGRATIVE APPROACHES TO HELP PEOPLE MANAGE LONG-TERM CONDITIONS



Wednesday 25th October 2023
Hardwick Hall Hotel, Sedgefield

A free event for people living with long-term/lifelong conditions, carers, practitioners, researchers and anyone who wants to discuss ways to enhance integrative, person-centred support for people living with long-term/lifelong conditions

Sign up today at <https://eventbrite.co.uk/e/mind-the-gap-integrative-approaches-to-managing-long-term-conditions-tickets-597860666347?aff=oddtcreator>

Funded by NIHR Applied Research Collaboration North East and North Cumbria

St Cuthbert's Hospice Bereavement Support Group



Community Outreach Project

Community Support Group

Bereavement Group Every Thursday 1pm - 2:30pm

This is a social support group for people finding their feet after a bereavement with the added bonus of learning new skills and hobbies in a safe and supported environment.

**Sacriston Youth Project, Unit E, The Old Co-operative Buildings,
Plawsworth Road, Sacriston. DH7 6PD**

Get in touch to find out more!

Louise Johnson - Community Outreach Manager
0191 374 6196

Louise.Johnson@stcuthbertshospice.com

Emma Spencer - Community Outreach Co-ordinator
0191 374 6165

Emma.Spencer@stcuthbertshospice.com

www.stcuthbertshospice.com/community-outreach-hospice-hub/

Scan me



St Cuthbert's Hospice, Durham is registered by the Charity Commission as a Charitable Incorporated Organisation.
Charity Number: 519767 VAT Number: 997305770.

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Email: healthwatchcountydurham@pcp.uk.net

<https://www.facebook.com/healthwatchcountydurham/>

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<https://www.instagram.com/healthwatchcodurham/>

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