

News update - September 2021

Young Person's Attitudes to the Covid-19 Vaccination Programme Report

We recently published our report looking at young people's attitudes to the Covid-19 vaccination programme. People who completed our survey were aged from 16 to 30yrs old. The key points we found were:

- 60 (45.11%) of young people had already had the vaccine
- 52 (39.10%) of young people 'would definitely' get the vaccine
- 86 (83.50%) said that the main reason to get the vaccine was to protect their friends and family from getting Covid-19
- 78 (58.66%) of young people said they would most trust a Government or NHS website to give accurate information

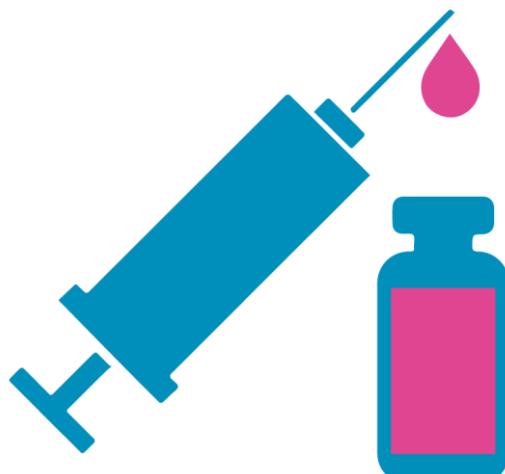
You can read the report in full [here](#)

If you require the report in a different format, please get in touch:

📞 Call 0800 3047039

📠 Text 07756 654218

✉️ healthwatchcountydurham@pcp.uk.net



Experience of two of our Volunteers during the Pandemic

Two of our wonderful Healthwatch County Durham volunteers are also part of a charity called '[Therapy Dogs](#)'.

Therapy Dogs is a national charity where visiting volunteers, take their own dogs into establishments to provide comfort, distraction and stimulation.

Our volunteers contacted us because of issues being raised by staff at some of the various venues that they attend. Nurses, doctors, school teachers for example were expressing their concern and worries generally about infection and transmission of Covid-19 as restrictions ease.

Some staff expressed a real worry about attending public spaces and going out and about, especially where their work has involved caring for people with severe illness. One Staff member was so worried that she suggested that things such as having a holiday was not important anymore. Volunteers are seeing some staff with high levels of tension and stress, even to the point of where they have thought about resigning.

On a positive note- staff said they really enjoyed the chance to engage with a pet on site and get some fresh air. Clearly the Therapy Pets work is proving very beneficial at this time and is allowing people to switch off and enjoy the animals that are brought in to help distract and stimulate people.

Where to get support

If you are an NHS member of staff there is dedicated services available to help support you:

- Support via the NHS [website](#)
- North East and Yorkshire NHS England [mental health and wellbeing hubs](#)
- Every mind matters [website](#)
- The Samaritans [website](#)



Children and Young Person's Mental Health Survey

We are gathering the views of children and young people on how their mental health needs are supported and identifying what they need to help manage their mental health better.

If you are under 25, having your say in our [survey](#) can help shape future mental health support for young people.

If you are the parent or carer of a younger child, please feel free to complete the survey with them - every voice matters!



Spotlight on Signposting: NHS Dentistry

Many of you are still getting in touch with us regarding the difficulties you are experiencing accessing an NHS dental appointment. This is a national issue and Healthwatch England recently arranged a webinar with Sara Hurley, Chief Dental Officer for England, where Healthwatch colleagues across the country shared your experiences and frustrations.

Healthwatch collectively asked for the issues raised by patients to be reviewed as a matter of urgency, and assurances were given that all comments and concerns would be considered as part of the dental reform work.

Accessing Appointments

Currently, dental practices are working with a reduced number of appointments due to the infection control protocols that remain in place under the government guidance.

Despite this, the advice to patients remains the same:

- You do not need to be registered with a dental practice to access NHS treatment
- In a dental emergency, you can call any NHS dentist and ask to be triaged for an emergency appointment
- The NHS Choices [website](#) can help you find a dentist based on your postcode. If you are able to travel, then you may wish to broaden your search

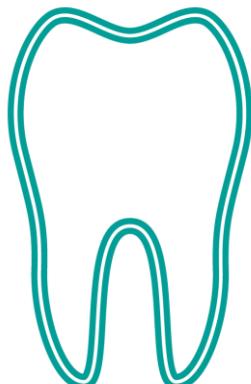
[Healthwatch England](#) were asked to facilitate regular updates from the Chief Dental Officer and we will share any new information as it becomes available.

If you have any experiences about using health or care services that you would like to share with us, or need any help finding services please get in touch:

📞 Call 0800 3047039

📠 Text 07756 654218

💻 healthwatchcountydurham@pcp.uk.net



Join our virtual Board Meeting

Our next Board meeting is on the 2nd November 2021 at 1.30pm. If you would like to join us at our virtual meeting, please email healthwatchcountydurham@pcp.uk.net or call us on **0800 3047039** and we will send you a meeting invitation via email.



Self-isolation Rules have Changed

The law on self-isolation in England has changed. If you are a close contact of someone who has tested positive for Covid-19 you will no longer need to self-isolate if you are either:

- double jabbed
- under 18
- ✓ you should take a PCR test instead

If you have Covid-19 symptoms you should still self-isolate and take a PCR test. For more information see [here](#).



Covid-19 Vaccinations

Covid-19 vaccines are now available for:

- everyone aged 16 or over
- some children aged 12 to 15 who have a higher risk of getting seriously ill from Covid-19 or who live with someone at high risk of catching it.

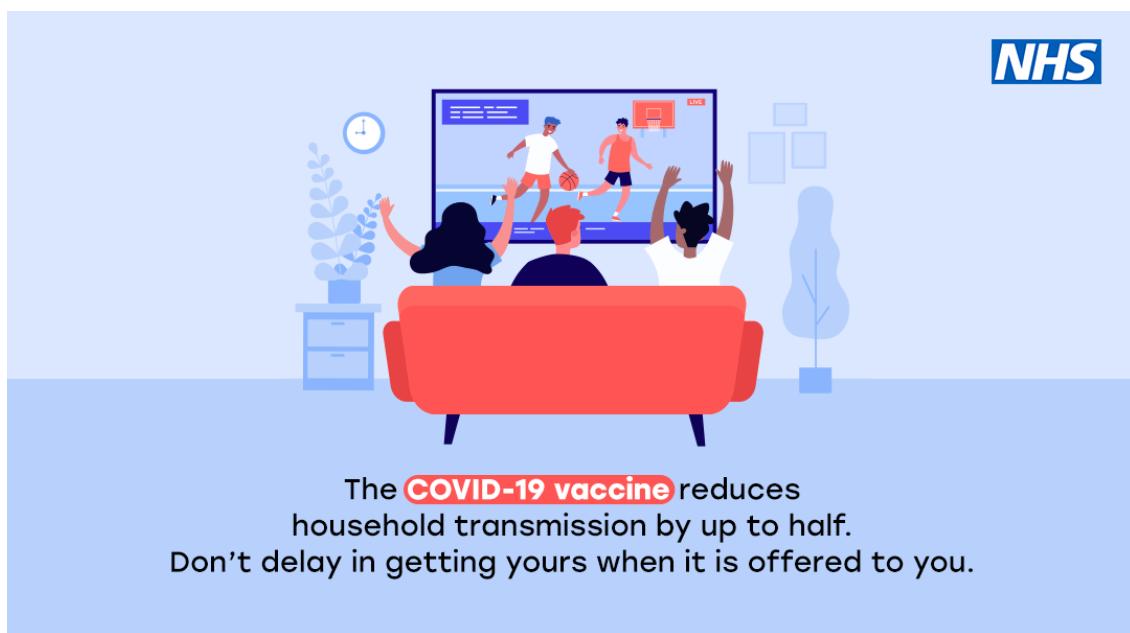
The Covid-19 vaccines currently available are given in 2 doses. You usually have the 2nd dose 8 to 12 weeks after the 1st dose. If you're aged 18 or over (or will turn 18 within 3 months) you can:

- [book your COVID-19 vaccination appointments online](#) for an appointment at a vaccination centre or pharmacy
- [find a walk-in COVID-19 vaccination site](#) to get vaccinated without needing an appointment
- wait to be contacted by your GP surgery and book your appointments with them

If you cannot book appointments online, you can call 119 free of charge. You can speak to a translator if you need to. If you have difficulties communicating or hearing, or are a British Sign Language (BSL) user, you can use textphone 18001 119 or the [NHS 119 BSL interpreter service](#).

Anyone entering a care home for work or volunteering will need to be fully vaccinated against Covid-19 by 11th November 2021. This will help to protect those most at risk from the virus. You can read the latest guidance [here](#).

If you have any questions or concerns about the Covid-19 vaccine, please see Durham County Council's webpage [here](#).



Human Rights Workshop

[Inclusion North](#) has co-produced and is co-delivering an **Introduction to Human Rights Workshop** for people with a learning disability and/or autism and family carers. This is a basic introduction to Human Rights and is a free workshop.

The workshop lasts for a day (with breaks) and is delivered via zoom, it is fun with a range of different information about Human Rights. Courses are running on:

- 14th September 2021
- 6th October 2021
- 3rd November 2021

To book a place please call Rachael on 07960 388628



The Stroke Service User Voice Group (SSUV) North East and North Cumbria Integrated Stroke Delivery Network (ISDN)

Do you have lived experience of having a stroke?

Do you have lived experience of caring for someone after a stroke?

Do you want to contribute to developing and improving stroke care in your area?

It is important to the North East and North Cumbria ISDN that stroke survivors are actively involved in discussions and decisions about stroke care. This is to ensure stroke services meet the needs of people in this region who are affected by stroke. The aim of an Integrated Stroke Delivery Network (ISDN) is to:

- Improve the quality of stroke care for better clinical outcomes. Clinical outcomes are things that measure changes in our health or quality of life
- Improve patient experience
- Improve patient safety

The ISDN does this by bringing together key people to work to improve the entire stroke pathway.

People who have lived experience of stroke, are welcomed to join the ISDN's recently formed Stroke Service User Voice Group (SSUV) to represent the views and experiences of stroke survivors and their carers. The aim is to ensure that all areas across the North East and North Cumbria are represented in this group and are currently seeking people who live in the following areas:

- North Cumbria: Carlisle or Westmorland
- North Northumberland: Alnwick, Wooler, Berwick upon Tweed, Seahouses or Amble
- Teesside: Middlesbrough, North Tees and Hartlepool or Upper Teesdale

For further information, please contact:

Cathy Maxwell - Stroke Network Delivery Lead: cathy.maxwell4@nhs.net

Hannah Parrington - Stroke Association: hannah.parrington@stroke.org.uk

Dave Wilson - Chair of the Stroke Service User Voice

Group: dave.5.wilson2118@gmail.com

NHS App Library

Did you know that the NHS offers a range of FREE apps that can be used to help you with a variety of things including skin care, pregnancy advice and mental health support. The library is open to patients and the public to find trusted health and wellbeing apps.

You can access the full range [here](#)



Opportunities from NICE

Lay Member Role

NICE (National Institute for Health and Care Excellence) are currently looking for members of the public (usually referred to as 'lay members') to join the [interventional](#)

procedures advisory committee who will help to develop and update NICE guidance on a range of different procedures used for diagnosis or treatment.

NICE are looking for people with an understanding of the issues important to patients, people using services, unpaid carers, communities and the public when considering having an interventional procedure. This understanding could have been gained:

- through personal experience of treatment and care provided for you by the NHS
- as a relative or unpaid carer of someone who has used relevant health services
- as an advocate, volunteer, or officer of a relevant voluntary organisation or support group

If you would like to apply for this role, recruitment is open until **5pm on Tuesday 7 Sept 2021**. You can find out details on how to apply [here](#)

More information about the **interventional procedures advisory committee** and its current members is [available from the NICE website](#).

Lay members are paid a fee to [attend meetings and other expenses](#).

If you have any questions please contact Helen Crosbie on 0161 870 3205 or the Public Involvement Programme at PIPreruitment@nice.org.uk / 0161 870 3020

NICE Integrated Guidance Survey

NICE have recently launched their new five year [strategy](#) . A key component of this is reviewing how they write and present guidance to ensure it is accessible and clear to users.

To inform this work, they would like you to help them understand how you use NICE recommendations, and what you want to know about the reasoning and evidence behind these recommendations. The initial work is focusing on the current type 2 diabetes in adults guideline, but you don't need to be an expert in this topic. Whether or not you use NICE guidance at the moment, your views will help shape future content.

You can complete this [survey](#) about the recommendations which will need to be completed by **Friday 10 September 2021**- it will take around 15 minutes.

NICE then have further research sessions planned in September. If you are interested,

please leave your details in the ‘Final thoughts’ section of the survey.

If you have any questions please contact Sabina Keane at sabina.keane@nice.org.uk

Local Befriending Group

As part of their Befriending Service, [Pioneering Care Partnership](#) will now be delivering a Befriending Group □

The first one will be on Tuesday 7th September from 12.30pm - 1.30pm at the Pioneering Care Centre in Newton Aycliffe, and free refreshments will be offered. These groups will run weekly, and will be facilitated by Befriending Staff and Volunteers.

To book a place please call reception on 01325 321234 or email courses@pcp.uk.net



North East and North Cumbria Staff Wellbeing Hub

The North East and North Cumbria Integrated Care System (NENC ICS) [Staff Wellbeing Hub](#) has opportunities for health and care staff to get involved in.

Behind the Mask Theatre Event

On Tuesday 28th September at 7.30pm, their theatre show **Beyond the mask - your stories seen and heard** is taking place. Do you work in health care or a care home?

Come and speak about how the pandemic has impacted upon you. Watch as the actors improvise your stories and play them back as they co-create an online show.

Playback theatre is a way of encouraging reflection whilst witnessing individual experiences and building group connection and understanding. Sometimes people come with stories they want to tell, and sometimes stories are inspired by the performance.

Sometimes people come simply to watch. Watch this short promo video [here](#).

The show will take place via Zoom and be recorded for a short film that celebrates the dedication of the region's health and care staff throughout the COVID 19 pandemic. and will last around 75 minutes.

Tickets are free but places are limited, please click [here](#) to book. For further information please contact beyondthemask2021@gmail.com

Cultural Thread - Online Art Sessions

Cultural threads is an arts, health and wellbeing programme by [GemArts](#) who work with professional artists across diverse art forms to help you to:

- Develop new creative skills and interests
- Have fun and connect with others
- Access networks and support to improve mindfulness, health and wellbeing
- Each arts activity takes place over 7 weekly sessions, delivered via Zoom in a relaxing, supportive and friendly atmosphere.

It's free to join (15 places per activity). All arts materials to take part will be provided, and no prior arts experience required.

Upcoming sessions:

Chinese Watercolour Painting with artist Dr Chun-Chao Chiu

- Starting Tuesday 5th October 7pm-8.30pm
- The sessions include an introduction to paints, tools and materials. You will develop creative skills in Chinese brush painting, and learn how to paint landscapes, flowers, animals and Chinese Calligraphy.

Visual Arts from Around the World with artist Jayamini de Silva

- Starting 7th October 1pm-2.30pm
- Take a creative trip across the world and develop new skills in Dot Mandala Painting, origami, aboriginal art, chinese calligraphy, henna painting and more!

To join please contact the Staff Wellbeing Hub by Wednesday 22nd September
at necsu.nencicsmentalhealth@nhs.net

Helpline for Health and Care Staff

Stressed or burned out? Exhausted? At breaking point? Worried about how much more you and your team can give? There is strength in asking for support. The North East and North Cumbria Staff Wellbeing Hub team are here and ready to help you.

Their confidential helpline is staffed by expert NHS psychological practitioners, who understand what you're going through. It is open to all health and care staff. If you need to talk, call them on: 0191 223 2030

The helpline is available seven days a week including Bank Holidays, from 7am-9pm. Therapists are available between 12-6pm Monday to Friday; if you call outside these hours and need to speak to a therapist, helpline staff will arrange for a therapist to call you back at the soonest suitable time.

We're here to help you while you are helping others.
If you need to talk, call our confidential helpline:

0191 223 2030

#HubsTheWord Staff Wellbeing Hub

ics
Integrated Care System
North East & North Cumbria

September 2021 Health Campaigns

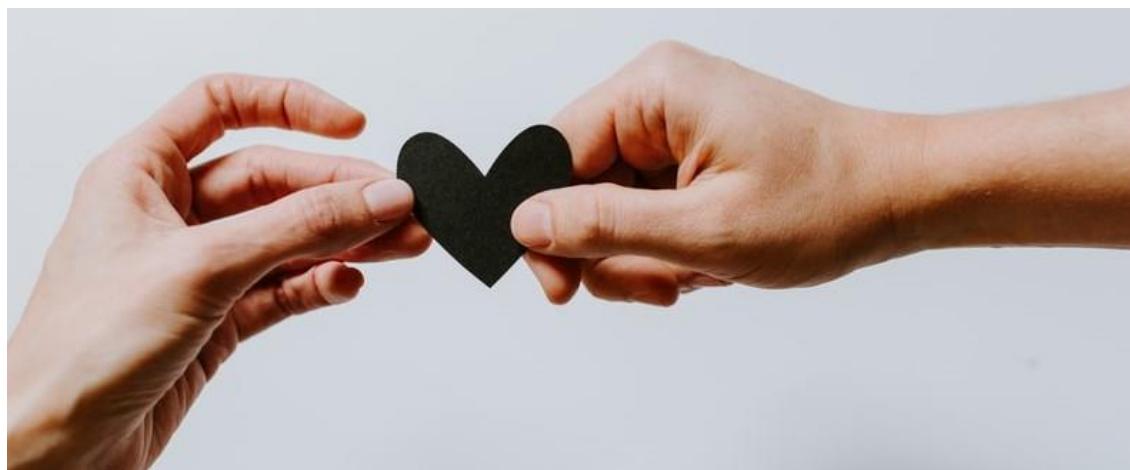
This month there are numerous health campaigns/ awareness days taking place which shine a light on various different diseases, health conditions and ways to improve individual wellbeing.

- September is **Alzheimer's Awareness Month**, where people come together from all around the world to raise awareness and to challenge the stigma that persists around dementia. September 2021 marks the 10th year of this vital global awareness raising campaign. 21 September also marks **World Alzheimer's Day**. This year's campaign will shine a light on the [warning signs of dementia](#), encouraging people to seek out information, advice and support, as well as contacting the [Alzheimer's or dementia association](#) in their region. It is only through a truly global effort that we can raise much needed awareness and challenge the stigma and misinformation that still surrounds dementia.
- **Migraine Awareness Week** is 5th- 11th September 2021. A lot of the problems with migraine healthcare have been highlighted by the struggles that many people who are eligible for [calcitonin gene-related peptide](#) (CGRP) monoclonal antibody medication have had in accessing it. Migraine healthcare needs to change but can only do so if we work together as a community and raise our collective voice about the improvements we want. That's why the Migraine Trust are focusing on migraine healthcare and the healthcare system for this Migraine Awareness Week and invite you to join them in calling for change. Find out how to get involved [here](#).
- **Know Your Numbers Week** from 6th- 15th September, is Blood Pressure UK's flagship blood pressure testing and awareness campaign, encouraging adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. This year around 250,000 free checks will be available across the UK. Find out more [here](#).

- **World Suicide Prevention Day** falls on 10th September each year. One in every 100 deaths worldwide is the result of suicide. It can affect every one of us. Each and every suicide is devastating and has a profound impact on those around them. However, by raising awareness, reducing the stigma around suicide and encouraging well-informed action, we can reduce instances of suicide around the world. World Suicide Prevention Day is an opportunity to raise awareness of suicide and to promote action through proven means that will reduce the number of suicides and suicide attempts globally. Find out more [here](#).
- **World Sepsis Day** is on 13th September 2021. Sepsis causes approximately six to nine million deaths worldwide every year, most of which are preventable. During World Sepsis Day events are held to raise awareness of sepsis all over the world. It can range from medical education, to sports activities and fundraising events. Find out how to get involved [here](#).
- **World Patient Safety Day** is 17th September 2021 which aims increase public awareness and engagement, enhance global understanding, and spur global solidarity and action to promote patient safety. Considering the significant burden of harm women and new-borns are exposed to due to unsafe care, this year's World Patient Safety Day is dedicated to the need to prioritize and address safety in maternal and new-born care, particularly around the time of childbirth, when most harm occurs. This is especially important in the context of disruption of health services due to the COVID-19 pandemic, which has further compounded the situation. Since women's experiences during childbirth are also affected by issues of gender equity and violence, World Patient Safety Day highlights the important notion of respectful care and its linkages with safety. Find out more [here](#).
- **Organ Donation Week** starts on Monday 20th until Sunday 26 September 2021, which aims is to inspire millions of family conversations and registrations for organ and tissue donation. Families are always involved before organ donation goes ahead, so it is encouraged that everyone in the family, whatever your age, has a conversation about organ donation, so that when the time comes your

family are certain about what you want. That conversation could be the most powerful thing you ever do to help save lives. Find out more [here](#).

- **National Eye Health Week (NEHW)** 20th- 26th September hopes to encourage more people to have regular sight tests and make lifestyle choices that benefit their vision and general well-being. NEHW raises awareness of how we can improve the UK's eye health, contribute towards a reduction in avoidable blindness and enhance people's everyday lives. Did you know that 2 million people in the UK are living with sight loss, that is severe enough to have a significant impact on their daily lives. Half of this sight loss is avoidable. A sight test can detect early signs of conditions like glaucoma, which can be treated if found soon enough and during the test, other health conditions such as diabetes or high blood pressure may be detected. For healthy eyes, eat well, don't smoke and wear eye protection in bright sunlight. You can find out more about NEHW [here](#).



Contact us:



Healthwatch County Durham
Whitfield House
St Johns Road
Meadowfield Industrial Estate
Durham
DH7 8XL

Freephone: 0800 3047039
Text: 07756 654218
Email:
healthwatchcountydurham@pcp.uk.net



[Facebook](#)



[Twitter](#)



[Website](#)



[YouTube](#)



[LinkedIn](#)