

healthwatch County Durham

September 2023 News Update

Inclusion Update



Following the introduction of our Inclusion Lead role back in June, where have we got to?

- 1. Autism** - we are linking in with the County Durham Autism Steering Group and MAIN to gain insight into the needs of autistic people.
- 2. Veterans** - we have visited East Durham Veterans, Shildon Veterans, Blind Life In Durham Veterans, and SSAFA, and have helped sort out health and social care issues for several individuals.
- 3. Refugees** - we have helped a group of Syrian refugees in Newton Aycliffe with various health & social care issues. We have also made links with another refugee group in Spennymoor and will be offering the same support.
- 4. Areas of highest deprivation** - through some partnership working with Horden Together, we have helped individuals in East Durham and are raising awareness in that area of the county.
- 5. Farming communities** - working jointly with UTASS (Upper Teesdale Agricultural Support Services), Durham Community Action, Durham Mobile Library Service and by attending some of the farming shows we hope to make contact with farming people from the rural areas in County Durham and learn more about their health & care issues.

September 2023

If you feel you fit any of the above groups, or you struggle to get your voice heard by Health & Social Care service providers for any other reason, please contact us - we need your feedback to help try and improve care for everyone, and we can also signpost you to the right services for your needs.

We will keep you updated via this bulletin about changes and improvements that happen as a result of your feedback.

Contact us at healthwatchcountydurham@pcp.uk.net
or on our free phone number at 0800 3047039.

Say Hello to Leah Bainbridge



Leah has recently graduated, achieving a 'first' in her Psychology degree! She is interested in gaining experience especially through research and is our most recent volunteer to sign up to HWCD.

Leah is especially keen to amplify the voice of those who struggle to be heard, so saw an opportunity to do this through Healthwatch County Durham. Leah understands that encouraging change, informed by the users of services is a huge benefit to County Durham

We look forward to working with Leah!

Wolsingham Show



DISCOUNTED TICKETS ONLINE NOW....
www.wolsinghamshow.co.uk/buy-tickets

**ENGLAND'S
243rd
SHOW
OLDEST SHOW**

WOLSINGHAM SHOW

**2ND & 3RD
SEPT 2023**

*A great WEEKEND
OF FARMING LIFE
AND COUNTRYSIDE
entertainment!*

info / tickets / applications go to:
www.wolsinghamshow.co.uk
follow us  /WolsinghamShow
Weardale, Co. Durham DL13 3JG

Come & See...
LIVESTOCK
Show Jumping
FUR & FEATHER
ARTISAN FOOD
Sulky Racing
Arts & Crafts
SHOPPING MARQUEE
FARRIERY COMP
TERRIERS & LURCHERS
HORTICULTURE
FAIRGROUND RIDES
VINTAGE VEHICLES
K.C. DOG SHOWS
TRACTOR PULLING
ELITE STRONGMAN
Vintage & Upcycled
100's of TRADERS
CARVERY LUNCH
**MEMBERS AND
PUBLIC BARS**
& much more!

Proudly Supported by our Principal Partners

      

On Saturday 2nd and Sunday 3rd September, we will have a stall at Wolsingham Show to signpost and answer all of your health and social care questions. We will also have lots of goodies to win and to give away on the day. Come along and see us there!

September 2023

Saturday is Agricultural Day and there's always lots to see and do including the Craft Tent, Show Jumping - major classes, Donkey Rides, Vintage Vehicles, Birds of Prey Display, Dog Agility Show, Artisan Food Market, Live Music, Strongman Competition and more.

Sunday is Country Fair day and amongst the many great things to see and do are the KC Dog Show, Ferret Show, Horticulture, Alpacas, Ponies, Show Jumping Marquee Displays, Vintage Vehicles and much more.

We will share our pictures from the event in next month's e-Bulletin!

OOOPS Support Group - Ileostomy, Urostomy, Colostomy Patient Support



IleOstomy, UrOstomy, ColOstomy PatientSupport

We would like to welcome anyone interested to attend our support group at the

Horden Youth Community Centre.

Eden Street, Horden SR8 4LH

10:00am to 12:00

The Group supports people with **Ileostomy, Colostomy, Urostomy** and other **IBS** and **IBD** conditions.

It is confidential, welcoming and friendly.

The group meetings are held every **Monday**(excluding Bank Holidays)



Durham OOOPS

Email oopsgroup@outlook.com

Web <https://oopsgroup.wixsite.com/stoma>

It is important to learn how to deal with the flare ups with lifestyle changes, and stress management. The goal is to keep the symptoms from interfering with your day-to-day life.
You are not alone

It will be a informal free Tea and Coffee get together

For more information contact Claire on 0191 5863520



RUNNING NOW-**FREE**

Chairobic Classes



Supported by Wellbeing and
Funded by Sport
England

The Class Meets at:



Horden Youth Community Centre

Eden St, Horden, Peterlee SR8 4LH

On Mondays 10.00 – 12.00

For more information
contact

Claire on

0191 5863520

No booking required

Join us for Chairobics, Gentle Floor Exercise and Rambling

For people with a stoma or hernia, not
done anywhere else in Durham.
Keep active whilst simultaneously reaping the
benefits to return to a normal life.

Injury or mobility stopping you
from being as active as you'd
like?

Are you an Ostomate?

Feeling Isolated?

A little down or tired?

Chairobics is for you.

Our Aim

- To show the importance and benefits of exercising with a stoma or hernia.
- Improve the wellbeing and independence of our postoperative members.
- Create a sense of belonging and social aspect integrated with gentle exercise.
- Can be continued in the comfort of your own home.
- Makes exercising fun again.
- Helping to improve muscle strength, balance and co-ordination.

Wear loose, comfortable clothing, keep water handy. If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting

Become a Community First Responder

NEAS are looking for community first responders (CFRs) in our area to volunteer their time, supporting patients within their own community. CFRs are deployed to incidents within their community in the time between 999 being called and an ambulance arriving. They will be asked to attend medical emergencies such as heart attack, stroke, breathing difficulties, and cardiac arrests, (when the heart has stopped beating). Full training will be provided by NEAS.

Email first.responder@neas.nhs.uk for more information.



BECOME A COMMUNITY FIRST RESPONDER

As a community first responder (CFR), you will be deployed to incidents in your community while an ambulance is dispatched to provide life-saving care and support.

Types of incidents you may attend:

- Cardiac arrest
- Heart attack
- Breathing difficulties
- Stroke

No experience is necessary, just the willingness to learn and save lives. Full training provided by NEAS.



Email us at first.responder@neas.nhs.uk

Dementia Voice Local Group for Younger People

Dementia Voice Local Group

For younger people living with dementia

Use your voice!

Get involved!

Are you living with a diagnosis of dementia?
Were you diagnosed under the age of 65?
Would you like to share your experiences and insights to help younger people affected by dementia in County Durham and beyond?

Meet other people who understand living with dementia.

Develop your skills, improve your confidence, and enjoy yourself.

Please contact us for more information.

alzheimers.org.uk

Get in touch today

durhamandchester@alzheimers.org.uk

01913890400



Share Your Mental Health Experience

Would you share the story of your mental health journey to improve how we can help you?

Across County Durham various organisations work together with people who experienced mental health difficulties and their carers to change the way the support within communities is provided.

We want to ensure everyone gets the right help, at the right place, at the right time.

We are looking for people aged 18+ who are currently accessing community mental health and wellbeing services and would be keen to share their experiences with us.

We would like to hear all stories, either uplifting or frustrating, so we can understand what helps and what needs improvement.

We are flexible with our approach to this engagement (one to one conversation in person, via phone, on-line, etc.)

If you are interested, please contact:

kalina.bellis@pcp.uk.net
hannah.farran@pcp.uk.net



Oracle Cancer Trust - Head and Neck Cancer Funding



September 2023

Oracle Cancer Trust have been awarded a grant from the Northern Head and Neck Cancer charity to establish a pilot programme.

If you are a Head and Neck cancer patient based in the North East you can apply for a one off, non means tested, grant of up to £150 to help with expenses associated with your cancer. There is a limited amount of funding for this pilot, if additional financial assistance exceeds the £150 grant (e.g. a piece of specialised equipment to aid in your treatment or care) this will be reviewed on a case-by-case basis.

How to apply:

1. You apply through a health or social care professional. This may be a social worker, a district nurse, a benefits adviser, or a member of your medical team.
2. They should complete this [online form](#), if the form is required in another format please email financialsupportNE@oraclecancertrust.org
3. The Support Team will then process and verify the application.
4. Once your application is approved, the team will let you know and your grant payment will be made by BACS into your bank account.

<https://oraclecancertrust.org/financial-support-pilot-programme>

Support for Diabetes

SUPPORT FOR PEOPLE IN THE NORTH OF ENGLAND

Whether you are at risk, living with or caring for someone with diabetes, diabetes can be tough. But you are not alone.



At risk of type 2 diabetes?

Visit [diabetes.org.uk/
preventing-type-2-diabetes](https://diabetes.org.uk/preventing-type-2-diabetes)

Living with diabetes?

Visit diabetes.org.uk/guide-to-diabetes

Peer support in the North of England

Join our Facebook group by searching for **Diabetes UK Chat: Your Friends in the North**

Follow us on Instagram **@diabetesuknorth** to see real stories, support and what we're doing across the north of England.

We also have a **youth programme**, and network of **local groups** and **volunteers**. If you would like to access further support please contact us to find out what is available in your area.

Contact us on 01925 653281
Or north@diabetes.org.uk

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.





Helpline

Talk to our specially trained advisors to get advice and support from Monday to Friday, 9am to 6pm. Interpreters are available if you'd like to speak with us in a language other than English. Call **0345 123 2399*** or email helpline@diabetes.org.uk

Online Support Forum

Log on 24/7 to find help, tips and a warm welcome from other people affected by diabetes:
diabetes.org.uk/forum



Learning Zone

Visit our free Learning Zone and get to grips with your diabetes when it suits you:
diabetes.org.uk/learningzone
Featuring useful videos available in different languages.

Get Involved

Help us create a world where diabetes can do no harm by joining our wonderful team of volunteers and fundraisers. Contact us to find out more.

Contact us on 01925 653281
Or north@diabetes.org.uk

*Calls to 03 numbers cost no more than calls to geographic (01, 02) numbers and must be included in inclusive mobile phone and discount packages. For specific details check with your provider. Calls may be recorded for quality and training purposes.



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Wellbeing for Life Events

Mental Health Market

Hosted by Wellbeing For Life an event to get all your local services under one roof. Come along for refreshments and a chat to see what support is available in your area.

Wednesday 6th September
The Venue Wear Road
Stanley DH9 6LU
10.00-1.00p.m.



No need to book a space, just drop in. For any questions please contact Laura for more information

 laura.elliott21@nhs.net

 01388 455226



 Creating Hope
Through Action

 well
being
for life



Time 2 Talk Event

Hosted by Wellbeing For Life an event to get all your local services under one roof. Come along for refreshments and a chat to see what support is available in your area.

Wednesday 6th September
The Venue Wear Road
Stanley DH9 6LU
10.00-1.00p.m.



No need to book a space, just drop in. For any questions please contact Laura for more information

 laura.elliott21@nhs.net

 **01388 455226**



Wellbeing for Life will also be holding several Time 2 Talk Events around County Durham.

These will be:

Monday 4th September 12 - 3pm. St Clare's Church, Cuthbert's Way, Newton Aycliffe DL5 5NT

Tuesday 5th September 12 - 3pm. Bishop Baptist Church, Westfield Rd, Bishop Auckland, DL14 6AE

Wednesday 6th September 10am - 1pm. The Venue, Wear Road, Stanley DH9 6LU

Thursday 7th September 9:30am - 1pm. East Durham Trust, Yoden Way, Peterlee, SR8 5DP.

Friday 8th September 9:30am - 12:30pm. St Catherine's Community Centre, Market Place, Crook, DL15 8NE.

Get in touch by emailing laura.elliott21@nhs.com or phone 01388 455226 if you would like any further information.

We will be there at the Monday event at Newton Aycliffe and also the Friday event at Crook.



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

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<https://twitter.com/HWCountyDurham>

<https://www.healthwatchcountydurham.co.uk/>

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

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