

August 2024

healthwatch County Durham

August 2024 News Update



At the start of July, we held our Annual Event, which was a big success. We had a great turn out with our partners, stakeholders, volunteers and the public attending the day. Our guest speakers spoke about the importance of lived experience, peer support and the importance of partnership working and the NHS. People were invited to take part in a quiz about us and the work we have been doing in the past year. We would like to thank everyone who came along and participated, as well as Bishop Auckland Football Club, for being very accommodating with their venue and catering.

If you would like to find out about what we have worked on in the last year and what we are working on for 2024-25 please follow this link to the annual report: <https://www.healthwatchcountydurham.co.uk/report/2024-07-09/annual-report-2023-2024>

Join the Big Conversation



Join the BIG Conversation on women's health!

We joined the Women's Health Innovation Conference with Healthwatch Cumberland and Healthwatch Middlesbrough and heard about the plans health & care leaders have to improve women's health and health outcomes in our region. We also ran a 'Listening Booth' so people could talk to us about their own health experiences.

Women in the North East and North Cumbria live shorter lives and face higher rates of heart disease, diabetes, and mental health issues. We want to change this! Join our women's BIG health conversation for a healthier, happier future.

Complete our 10 minute survey – it's quick and easy, but will make a BIG difference. <https://www.smartsurvey.co.uk/s/WomensHealthBIGConvo>

Meet Our New Volunteer Saad



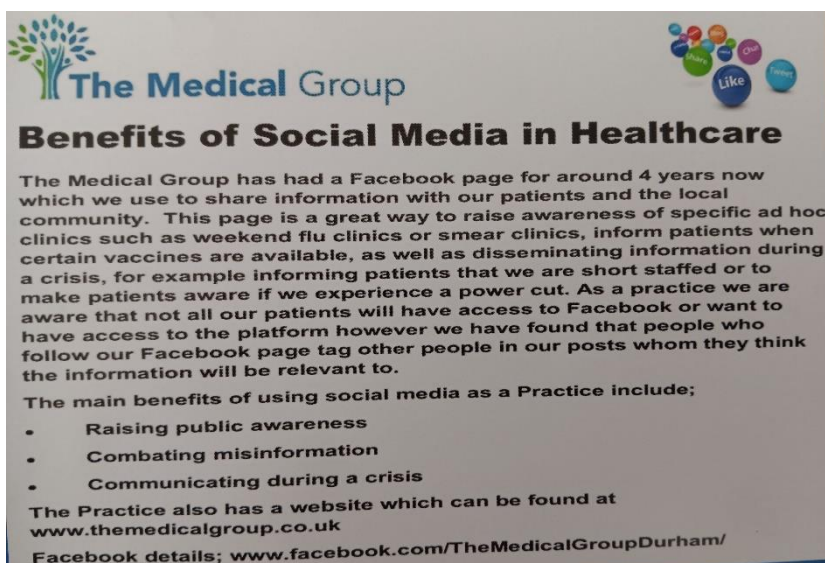
Saad joined our volunteers this month. He is a qualified dentist with an interest in Public Health dentistry and wants to gain more experience and knowledge about health and social care with us.

He said: "Being a public health person, I have experience in many of the community dental healthcare awareness programs and oral hygiene maintenance events. I have also attended workshops regarding challenges faced by local authorities in the Northeast, and the UK.

I'm looking forward to working with local bodies to gain knowledge about the health system, polish my communication skills and learn more about social and healthcare work.

'Healthwatch County Durham' carries a brilliant portfolio, working in such an organisation, I hope will boost public relations as well as my personal experiences as well".

Benefits of Social Media in Healthcare



As part of Healthwatch County Durham's last programme of Enter & View, we focussed on access to GP Surgeries.

One of the things that came up at nearly all of the surgeries, is that there is some confusion over what the benefits of social media in Healthcare are, and how social media can best be used.

Three of the surgeries we visited were part of 'The Medical Group', who after considering the 'Enter

and View' recommendations, decided to run an ad explaining this to users.

The attached advert went into a pamphlet called 'Jungle Drums' recently, across the

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local area to the group, explaining the main benefits and also highlighted the group's website. Well done to 'The Medical Group'.

DEN BSL Learning



September / October 2024 Class Schedule

BSL LEVEL 1

Monday - Darlington Golf Club, 12.30pm - 2.30pm
Starting 9th September 2024 (27 weeks)

Tuesday - Durham University, 6.00pm - 8.30pm
Starting 8th October 2024 (20 Weeks)

Wednesday - Durham University, 6.00pm - 8.30pm
Starting 9th October 2024 (20 Weeks)

Thursday - Saltburn Earthbeat Centre, 11.15am - 1.15pm
Starting 12th September (27 Weeks)

BSL LEVEL 2

Monday - Durham University, 6.00pm - 9.00pm
Starting 7th October 2024 (20 weeks)

BSL LEVEL 3

Thursday - Darlington Golf Club, 6.00pm - 9.00pm
Starting 12th September 2024 (30 weeks)

LEARN BSL IN 6 WEEKS (NON-ACCREDITED COURSES)

Tuesday, Redcar Fire Station, 10.00am - 12.00pm, 10th September 2024
Wednesday, Darlington Golf Club, 12.30pm - 2.30pm, 11th September 2024
Thursday, ONLINE, 1.00pm - 3.00pm, 12th September 2024
Friday, Hartlepool Cafe One77, 10.00am - 12.00pm, 13th September 2024

For further details and to book please check our website
www.deafemp.com Tel: 01325 790405

If you would like to learn British Sign Language, DEN are holding BSL Level 1, 2 and 3 from September. They are also holding a shorter course where you can learn

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some of the basics which is not accredited.
To book on or to find out more phone 01325 790405 or
visit <https://www.deafemp.com/>

Farmer's Walk in Clinic - Pinfold Medical Practice



We held a farmer's walk in clinic with Public Health, PPG, County Durham Together and other partners on 15th July. There was a good turn out of 24 farmers in the area, which was 25% of farmers on Pinfold's register.

From those who came along, 63% of them required further treatment, which, without the walk in, could have lingered on for longer without being dealt with.

This was made possible by Pinfold Surgery sending out messages to farmers on their register and dedicating time to the farmers.

We are hoping to do this again in surgeries in rural areas, or those that have farmers on their register. Watch this space!

IIC Open Day

A colorful poster for an 'Investing in Children Open Day'. The background is light blue with white line-art patterns of flowers, a house, and a bird. At the top, there are colorful bunting flags. A yellow banner at the top center contains the title 'Investing in Children Open Day'. Below this, a yellow flower icon is centered above the event details: 'Monday 19th August 11am to 2pm' and 'Sjovoll Centre, Front Street, Framwellgate Moor, DH1 5BL'. A green banner below the details says 'FREE ENTRY'. Underneath, a teal-colored text block reads 'JOIN US TO FIND OUT MORE ABOUT INVESTING IN CHILDREN, HOW YOU CAN GET INVOLVED & TAKE PART IN FUN ACTIVITIES'. A list of activities follows, including 'Interactive Information Stands', 'Find out about your rights', 'Inflatables', 'Sensory Tent', 'Crafts', 'Stalls', and 'Big Tings Jerk Food Stand'. On the left, the text 'Know your rights' is written in a playful font. On the right, the phrase 'SO MUCH FUN' is written in large, colorful, bubbly letters. Two small photographs show a person at a table and a group of people in a room. At the bottom, a yellow bar contains the contact information 'info@investinginchildren.net / 0191 3077030' and the Investing in Children logo.

Investing in Children will be holding a free open day on Monday 19th August 11-2pm. There will be lots of activities on the day, such as crafts, inflatables, information stands and a sensory tent.

Safer Places Summer Event

P39-24

FREE ENTRY & ATTRACTIONS

SAFER PLACES

**THURSDAY 8TH AUGUST
10AM - 3PM**

**Auckland Youth Community Centre AYCC,
Walker Drive, Bishop Auckland, DL14 6QL**

Activities include:

- Face Painting
- Climbing Wall
- Crafts
- Information Stands
- Emergency Service Vehicles
- Educational Presentations
- Free Prize Draw
- Games & more.



**FREE LUNCH
1200 - 1.30**






Safer Places summer event will take place at Auckland Youth Community Centre on 8th August 10-3pm. There will be lots of activities for both children and adults, as well as a free lunch from 12-1:30pm. Pop along and come and say hello to us.

Stay Safe in the Sun

Keeping Safe in the Sun



- Keep out of the sun between 11am–3pm
- Wear sunscreen if you're out in the sun 
- Wear light, loose fitting clothes and a hat to cover your face. 
- Drink lots of water and stay hydrated
- Keep your environment cool by shutting the blinds/curtains when the sun is shining on them 
- Avoid physical exertion outside
- Limit alcohol and caffeine intake

healthwatch
County Durham

We don't want to tempt fate, but now the warmer weather has come along it's important to keep yourself safe in the warmer weather. Use these tips above to stay hydrated, ensure you don't burn or make yourself ill whilst out in the sun.

UV Rays can be very strong this time of year and can cause cancer and other ailments if we don't protect properly against them. Dehydration can also become a problem this time of year, so please take care to drink enough and keep your environment cool.

Britain Get Talking



Britain Get Talking is a landmark Mental Wellness campaign by ITV, supported by Mind and YoungMinds, with SAMH in Scotland. The campaign encourages people to connect with others as a way to protect their mental wellbeing. Whether it's reaching out for a chat or discussing worries, getting talking is crucial. The campaign aims to improve the quality of conversations and has led to over

100 million conversations so far!

For example, they've encouraged people to take a mate on a date—celebrating friendships as much as romance. So, come on, Britain, let's get talking!

Find out more by clicking here: <https://www.itv.com/britaingettalking/support.html>

Age UK Drop-In Sessions



Information & Advice Drop-in Sessions

The Venue, Stanley DH9 6AH



Pop in to Age UK's Drop In sessions in Stanley for support around benefit entitlements, housing and care free and confidential.

For more information phone 0191 3746367 or email [your.rights@ageukcounty](mailto:your.rights@ageukcountydurham.org.uk)

durham.org.uk

Including benefit entitlement checks, housing & care

Taking place every Monday from 13 May between 9.30am and 4.00pm

For further information, contact us on 0191 374 6367 or email your.rights@ageukcountydurham.org.uk

Pharmacy First Survey



Pharmacy First

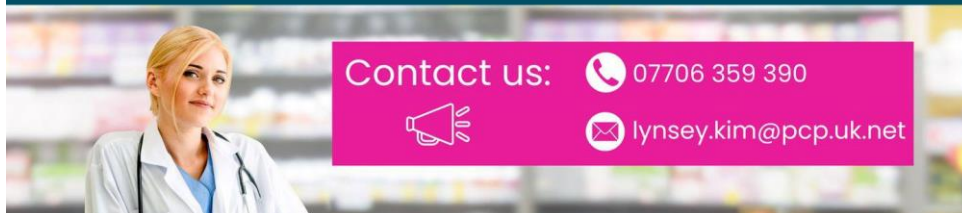


Did you know you can now get treatment for some common conditions directly from your pharmacy, without needing a GP appointment or prescription? This includes things like but not limited to:

- Earache
- Impetigo
- Infected insect bite
- Shingles
- Sinusitis
- Sore throat
- Urinary tract infection

Share your feedback

Have you used your pharmacy for illnesses or ailments? Please share your experience with us in our survey by scanning the QR code!



Contact us: 07706 359 390



lynsey.kim@pcp.uk.net

There is still time to tell us about your experiences of using a pharmacy recently - you can use the QR code below or go to our online survey. We use your feedback to find out what is working well, and where improvements could be made.

Tell us now by scanning the QR code on the poster or at
- <https://www.smartsurvey.co.uk/s/13PY2B/>

Children Eat Free/For £1



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024
moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS
Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA
Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK
Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS
Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA
Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA
Kids get a meal from 95p daily from 11am

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE
Two children under 16 can get a free breakfast every day with one paying adult!

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS
Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES
1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI
From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE
One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES
At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE
Kids eat for £1 on Mondays

FUTURE INNS
Under 5s eat for free with any adult meal.

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The summer holidays may be upon us, but that doesn't mean everything has to cost a fortune. Treat your family to a meal out at any place above, and children will eat for free or for £1.

NHS Patient Risk Stratification Survey



The NHS are seeking patients' opinions on how they use data to personalise and improve health services. This process, known as 'risk stratification,' involves using patient data such as age, gender, diagnoses, and hospital attendance to link with data at GP practices.

By analyzing this data, the NHS can better plan health services for our local area. This helps in

identifying and proactively managing long-term conditions, preventing unplanned hospital admissions, and reducing the risk of developing other diseases.

Please fill out the survey here: <https://eu.surveymonkey.com/r/risk-stratification>

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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