

October 2024 News Update

Hospital Waiting Times Report



Our report on Hospital Waiting Times has now been published. In this report we focus on people's experiences of hospital wait times for routine procedures and surgeries and how the waiting times have effected people. Click here to view the report on our website:

https://www.healthwatchcountydurham.co.uk/report/2024-09-26/hospital-waitingtimes-report

Your Views of the North East Ambulance Service



Your Views of the North East Ambulance Service

We are working with the North East Ambulance Service (NEAS) to understand people's experiences and expectations of the broad range of their services, including:

Ambulances and paramedics Patient transport 999 call handling NHS111

We are interested in your views whether you have contacted them recently or not. Please share your feedback in this quick, anonymous survey: https://www.smartsurvey.co.uk/s/NEASviews2024/ As a thank you for your time and contribution, at the end of the survey you will have the opportunity to take part in our prize draw to win £100 of Love2Shop vouchers. For more information visit: https://www.healthwatchcountydurham.co.uk/news/2024-09-16/share-your-views-north-east-ambulance-service

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Free Lunch provided

"We need veterans to tell us, the NHS how we can improve the information

we share with veterans about cancer"

Would you like to help? To register for a place: email: <u>jo.meynell@nhs.net</u> or call 07717 320335 We have teamed together with our partners to get feedback from veterans about how the NHS can improve the information they provide to veterans about cancer and make the experience better. There are 2 dates available: Blackhall Community Centre - Tuesday 22nd October 12:45-15:30.

Bishop Auckland Football Club - Monday 4th November 9:45-12:30. A free lunch is provided.

To book a place email jo.meynell@nhs.net or call 07717320335.

Durham County Carer Sleep Training

Parent Carer TRAINING & information Understanding sleep

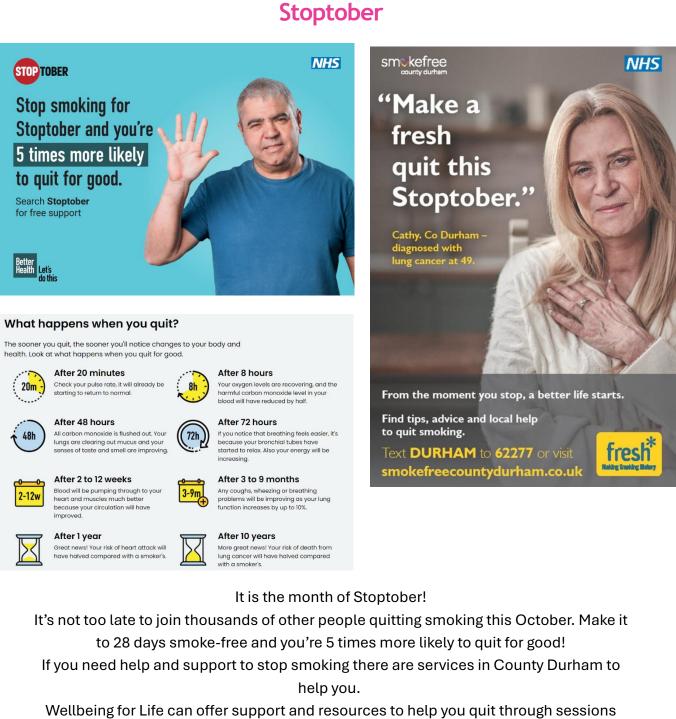
This workshop will provide an understanding of sleep cycles and importance of good sleep hygiene and routine. We will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits

UPCOMING

Wed 9th October 11am - 12:30pm

Team Training

Durham County Carers have a workshop on understanding sleep on Wednesday 11th October 11am-2:30pm. The workshop will provide an understanding of sleep cycles and importance of good sleep hygiene and routine. It will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits. To book places or for more information email tewv.countydurhamcamhstraining@nhs.net. Please state on emails which sessions (and dates) you'd like to attend. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The session will on Microsoft Teams.

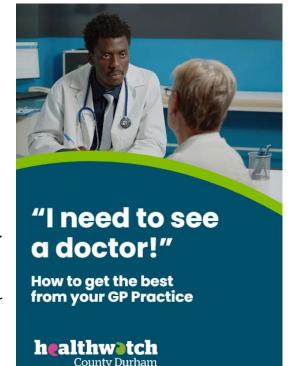


Wellbeing for Life can offer support and resources to help you quit through sessions with their practitioners. Email cdda-tr.WBFL@nhs.net or visit their website here: <u>https://www.wellbeingforlife.net/#/Stopping%20Smoking</u>

Smokefree County Durham can also offer you support to help you quit smoking. Get in touch at smokefreelife.countydurham@nhs.net or visit their website at https://www.smokefreecountydurham.co.uk/

GP Guidance Document

We have worked with a range of professionals to put together our document, 'How to get the best from your GP practice'. We often get asked about how to get a GP appointment and a range of questions around the GP, what they do and where to go for support around using their surgeries. If you would like this document sent out to you please get in touch at healthwatchcountydurham@pcp.uk.net or phone 0800 3047039. To access the document see the



link: https://www.healthwatchcountydurham.co.uk/report/2024-09-30/how-get-bestyour-gp-practice

Sensory Support Day

Do you struggle with your hearing or eyesight and need help? You can pop along to Durham County Council's Sensory Support day and meet dedicated services, who work across County Durham to provide advice and guidance for people with vision or hearing impairments?

On Thursday 10th October, they will be at Bishop Auckland Market Place from 9:30-4pm where the following services will be available to speak to:

- Action Deafness
- Durham Deafened Support
- Sunderland and Durham Royal Society for the Blind
 - Durham County Council Sensory Support Team

There will be information for you to take away and a variety of equipment aids we can demonstrate to help overcome some hurdles for people who have vision and hearing impairments. There is also space on the bus for anyone needing to chat about the services on offer and referrals can be taken too.

It will be situated on the Melissa Bus, which is a double decker bus parked in Bishop Auckland Market Place.

For more information visit durham.gov.uk/deafblind





Durham Alliance for Community Care

Durham Alliance for Community Care are a day care provider for vulnerable people, many of whom have dementia. They have centres across the county and offer a warm and friendly space with activities, music and socialising with local staff from the community. Transport can also be arranged for you to be taken to their centres. For more information phone 01913843679.

TEWV Annual General Meeting



Tees Esk and Wear Valley Foundation trust will be holding their AGM on Wednesday 16th October from 1pm at Darlington Arena. You will be able to find out how they are performing, improvement plans and their ambitions for the future. There will also be a 'marketplace' where you can hear from a range of teams and services will be showcasing their work. More information is

available at https://www.tewv.nhs.uk/get-involved/membership/agm/

Book your free place by emailing tewv.enquiries@nhs.net by 9am on Friday 11 October.

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.



Contact us:

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