

News and updates

July 2025

Unlocking the power of people-driven care

We're pleased to have published our Annual Report for last year, where you can read how we made a difference to communities in Northumberland last year, by listening to the voices of local people and using their experiences to drive improvements.

People came to us over 10,000 times for clear information on topics such as mental health services and cost of living support through our website, at our in-person events or by telephone or email.

We published 22 reports about the improvements people would like to see in areas like health visiting, women's health and care homes.

The report can be found on our website by scanning the QR code, or please call to request a postal copy.



Prostate cancer information session



**Friday 11 July 2025,
1pm - 2pm**

At this free online event we'll hear from Prostate Cancer UK volunteers Gil and Cathie.

The session will cover risks, possible signs and symptoms, diagnosis and some treatment pathways. We will also learn about support available from the charity if you are concerned, newly diagnosed or if you, a family member or friend is living with prostate cancer.

Visit our website or get in touch to register.

Delivering in Tynedale! Annual Event 2025



**Tynedale Function Suite,
Hexham
Friday 12 September
4pm - 6pm**

This year we're bringing our Annual Event to West Northumberland.

Our guest speakers will talk about changes to the NHS, direct payments and pharmacy services. We'll also give a review of our work over the last year as your health and social care champion.

Tickets are now available - visit our website or give us a call to book your free place.

NEW women's health webpage



Our new women's health webpage has lots of information about a wide range of women's health topics such as menopause, cancer screening, keeping active and mental health.

If you need more help finding services please get in touch and we will do our best to help you find the support or care you need.

Look out for our men's health webpage coming soon.

Out and about - where to find us



We'll be across the county as usual over the coming weeks. Call in to use our free Information and Signposting Service to ask about support or services, or to leave feedback about the care you've received.

Hexham Mart: Friday 11 July, 9am-1pm

Hexham General Hospital: Thursday 17 July, 10.30am-12.30pm

Wellness Wednesday Blyth Community Hub: Wed 23 July, 9am-1pm

Morpeth Leisure Centre: Wednesday 23 July, 10.30am-12.30pm

SeaFit health drop-in, Amble Harbour: Wednesday 30 July, 10am-2pm

Hexham Mart: Friday 8 August, 9am-1pm

Weaver's Court Alnwick: Thursday 14 August, 10.30-12pm

Hexham General Hospital: Thursday 21 August, 10.30am-12.30pm

Morpeth Leisure Centre: Wednesday 27 August, 10.30am-12.30pm

Transport for cancer patients

Healing Wheels North East provides free transport for any cancer patient in Northumberland or North Tyneside struggling to get to health and wellbeing appointments due to distance, cost or mobility.

To find out more or book transport call 07535 401962 or email admin@healing-wheelsnortheast.org

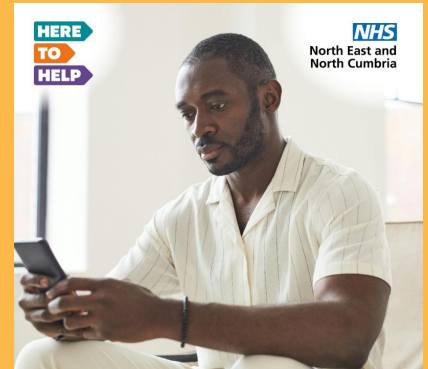
Alnwick dementia group

Age UK Northumberland's Live Well With Dementia group in Alnwick is welcoming new members.

The group meets on Wednesdays, 10am-12pm at St James' Church on Pottergate. This free group offers fun and engaging activities for people living with mild to moderate dementia. There are also groups in Ashington, Cramlington, Morpeth and Ponteland.

For more information call 01670 784 800.

Mental health text support



The NHS has partnered with Shout to offer free, confidential mental health text support to anyone in the North East or North Cumbria.

Text the word CALMER to 85258. Shout's mental health professionals are available 24/7 and can help if you're feeling stressed, isolated or low.

Feedback for May

In May you told us about long distances needed to travel to audiology and radiology appointments. There was also feedback on difficulty getting a face-to-face GP appointment and issues with online booking systems. Half the feedback about GPs praised the good service received by staff.

The future of Healthwatch

Fundamental changes are being made to Healthwatch nationally. We are waiting to hear the full implications of these changes and we will share updates on our website and in future newsletters.

Get in touch

To unsubscribe from this newsletter or to contact us with feedback or a question, please get in touch.

Call: 03332 408468
Text: 07413 385275
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Website: healthwatchnorthumberland.co.uk

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