

Join the Adult Social Care People's Panel



We are always looking for volunteers to be part of our Adult Social Care People's Panel.

What is the Adult Social Care People's Panel?

We run this panel with Northumberland County Council. The aim of the panel is for you to have your say and help shape adult social care services in Northumberland.

The panel meets at County Hall every couple of months. You can join in-person or online.

We chat about experiences – what is going well and what could be better. The meetings are lively, challenging and produce real improvements in services and experience.

If you are an adult social care services user or simply have an interest and want to make a difference, the People's Panel is for you.

Please visit our website or get in touch for more details.

ME/CFS free online information session



Friday 14 November
1pm–2pm

Grab a drink and settle in to hear from The ME Association about the latest research into Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and Long Covid.

The ME Association provides support and information, and is working to improve healthcare for all.

Since the pandemic the charity has welcomed those with Long Covid due to the similarities to ME/CFS.

Contact us to register for your place.

Thank you for sharing your experiences

With just a few minutes of your time, you can help make a difference to improving NHS and social care services in our area. Let us know, in confidence, what is or isn't working in care.

You can do this online, with a phone call or text, or at one of our events. Details of these and all the ways you can get in touch with us can be found overleaf.



In September you told us about issues with GP services including difficulties getting an appointment and using digital systems. We heard positive feedback about the endoscopy department at Hexham General Hospital. Get in touch to ask for our latest feedback summary.

What do you think of the NHS App, Pharmacy First and out of hours GP appointments?

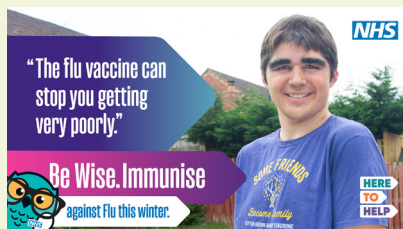
We'd like to hear your views on three NHS services designed to help people access care more quickly and conveniently.

These are the NHS App, the Pharmacy First service and GP extended (out of hours) access. These services are there to help people feel better faster, particularly as we approach winter.

Please share with us your experiences of these services. Your feedback will help the NHS in to understand what is working well for people, and what could be better. Visit our website, scan the QR code or give us a call to leave your views.



Winter flu vaccines



The flu vaccine is offered on the NHS every year in autumn/early winter to people at higher risk of getting seriously ill from flu.

This year for the first time, parents can get a children's flu vaccine for two and three year olds at local pharmacies.

The vaccine is typically given as a quick, painless nasal spray. Ask your pharmacist for more details.

Drop-in events for November



■ Merton Hall Ponteland (Winter Warmer Event):

Monday 3 November, 10am-12pm

■ Hexham Mart: Friday 14 November, 9am-1pm

■ Hirst Welfare Ashington: Wednesday 19 November, 10am-11.30am

■ The Manors, Prudhoe: Wednesday 19 November, 10.30am - 12.30pm

■ Hexham General Hospital: Thursday 20 November, 10.30am-12.30pm

■ Berwick Leisure Centre (Carers Rights Day Information Event- see below): Thursday 20 November, 1.30pm-4.00pm

■ Morpeth Leisure Centre: Wednesday 26 November, 10.30am-12.30pm

Carers Rights Day 2025

Carers Rights Day takes place on 20 November this year. The theme is 'know your rights, use your rights'.

If you look after someone, find out about your rights as a carer, and what support is available at the Carers Rights Day event in Berwick (see above) or contact Carers Northumberland. Visit carersnorthumberland.org.uk or call: 01670 320025.



Get in touch

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