

news

Local news from your local Healthwatch

Healthwatch Darlington is an independent consumer champion for health and social care users, and will help people find and access the health and social care services that are right for them

Since our last newsletter..

Healthwatch Darlington have now interviewed and appointed a Chair and Board. Meet the Board on page 2.

The Board is currently in the process of setting up Healthwatch Darlington’s Governance and discussing the priorities for the work plan. This is a fantastic opportunity for you to get involved in Healthwatch and have a real meaningful voice.

By working together we can help you get the best out of your health and social care services. Whether it’s improving them today or helping to shape them for tomorrow. So come along to our event on the 10th July. See inside for more details.

Healthwatch staff members are continuing to engage with local community groups. Contact the office if you would like the staff to come along to any meetings or if you would like a Healthwatch presentation.

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Take a look at out at promotional banners

Web: www.healthwatchdarlington.co.uk

 Facebook: Healthwatch Darlington

 Twitter: @healthwatchdton

Meet the Board

Michelle Thompson - Chair

A former cancer patient, Michelle has been a volunteer for Macmillan Cancer Support for 10 years and a volunteer community worker and health and social care advocate for the last 8 years. She is passionate about ensuring the patient and public voice is not only heard, but listened to and acted upon. Michelle is motivated to speak at both a national and local level to raise awareness of how people can make a difference. Michelle became a member, and later Chair of Darlington LINK which enabled her to help influence health and social care services at a local level.



Liz McAllister

Liz' background is in Primary Education with a particular interest in Special Educational Needs. She was a head teacher from 1993 to 2002 after which she ran her own Education Management Consultancy until 2012, undertaking Consultant and Interim Headships in Co. Durham, Leeds and Leicester. She is currently Director of Darlington and District Samaritans, and has been a volunteer there since 2000.



Emma Holmes

Emma is a local Mum of two little people. She has lived in Darlington for her entire life and was brought up in Middleton St George moving to Darlington in her 20s. She is a Director of the Food Train Project which provides food and cooking classes to children & young people in the community. She is passionate about Darlington and applied to be part of the Board of Healthwatch Darlington in order to assist in making a difference to the community and health & wellbeing services.



Bonnie Davies

Bonnie has lived in Darlington for almost 25 years and loves the town so much. She feels that it has been a great place to live and bring up her family. Bonnie has worked in arts, health and education in Darlington for over twenty years; meeting and working with many people from all ages, walks of life and backgrounds. She believes Healthwatch Darlington will give everyone the opportunity to have a say and influence the future of health services in the town and is proud to be a part of that process.



Ian Groves

Ian is a Chartered Accountant who has lived in Darlington for the past 27 years. He has always valued the contribution to society of those who care both professionally and voluntarily. The opportunity of joining Healthwatch has given Ian the chance to use some of his skills in order to help the new organisation become properly established. He looks forward to this challenge.



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Meet the Board

On the 24th June Healthwatch Darlington held a meet the Board Event at the Dolphin Centre. This was a chance for people to meet the board, discuss their health and social care priorities as well as exploring volunteering opportunities.

Don't Miss

Your Health, Your Town, Your Say

An event to provide information and raise awareness about the new ways of working in health and social care services. Your Health, Your Town, Your Say will take place on Wednesday 10th July, from 10am to 3pm, in Central Hall, at the Dolphin Centre.

It is being organised by Healthwatch Darlington Darlington Clinical Commissioning Group and Darlington Borough Council, who are keen to involve patients and the public - including young people - in the health care decision-making process. The day will include presentations from guest speakers and round-the-table discussions.

healthwatch
Darlington

DARLINGTON
BOROUGH COUNCIL

NHS
Darlington
Clinical Commissioning Group

**YOUR Health,
YOUR Town,
YOUR Say!**

10th July 2013 10am-3pm
Dolphin Centre

Have your say in the health and social care decision making process.

Give your views on issues you feel are important to your community.

The day includes presentations from guest speakers and round the table discussions.

If you have any special requirements, please contact the office.

For more information, call us on: **01325 380145**

info@healthwatchdarlington.co.uk
www.healthwatchdarlington.co.uk
twitter: healthwatchdton

For further information or to register your attendance, contact the office.

Coming soon

Volunteer Opportunities

Coming soon training and development for volunteers in administration, research and development, community engagement, Enter and View and signposting.

A great way to get involved and develop your skills. Contact the office if you are interested or make an appointment to come into the office for an informal chat.

Why Volunteer with us

Healthwatch Darlington will provide opportunities for individuals, groups and organisations across our community to work together to make a difference. In order for Healthwatch to reach its potential and provide an effective voice for the people of Darlington, it needs the expertise of local people who use health and social care services and organisations who are experienced at representing their communities.

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Information and Signposting

Healthwatch Darlington will be providing a single point of contact to help people find information about health and social care choices and signpost to NHS Complaints Advocacy.

**Contact our Information and Signposting
Freephone 0808 801 0383**

Access Points

We will be at the following locations (May-July) providing information and signposting to health and social care services. For dates/times from August onwards please contact the office.

Venue	Day	Time
Salvation Army Thompson Street East	1 st Saturday of the month	10.00-11.30
Maidendale House Burnside Road, Firthmoor	2 nd Thursday of the month	11.00-13.30
Cockerton Library The Green, Cockerton	3 rd Thursday of the month	15.00-17.00
Redhall Community Centre Headingley Crescent	4 th Thursday of the month	9.00-10.30

Darlington Clinical Commissioning Group (CCG) Carer Breaks Funding

In the third year of the Coalition Government's commitment to make an additional £400 million available to the NHS to support carers to take breaks from their caring responsibilities, funding is available from Darlington CCG for the year 2013-14. Groups/organisations who would like to apply for funding, which is available for all carer groups, including young carers, young adult carers and the parents of disabled children, will need to complete an application form which can be obtained from lisa.holdsworth@darlington.gov.uk or by telephoning (01325) 388210. The closing date for applications is Monday 22nd July 2013.



NHS Darlington Clinical Commissioning Group

Web: www.healthwatchdarlington.co.uk

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Lung cancer awareness campaign

County Durham and Darlington 
NHS Foundation Trust

July sees the start of the national lung cancer awareness campaign and in line with this, County Durham and Darlington NHS Foundation Trust's Talking About Cancer (TAC) team will be visiting local communities to help raise awareness of lung cancer.

Venue	Address	Date	Time
B&Q	Whesoe Road Darlington DL3 0QW	03/07/2013	10:00-12:00pm
Matalan	Darlington DL1 4DF	10/07/2013	10-11.30am
Outpatients	Darlington Memorial Hospital	12/07/2013	9.15 - 10.45am
Sainsburys Local	Clifton Rd Darlington DL1 5DS	18/07/2013	1:00-2:30pm

Cancer survival rates are getting better all the time, and crucial to this is for people to visit their GP early if they think they may have the symptoms. The key message is, if you have had a cough for more than three weeks, visit your GP. Never ignore a cough, it will probably be nothing serious, but it is always best to get checked out. Other symptoms to look out for include:

Swelling of the face or neck, coughing up phlegm with blood in it, new chest or shoulder pain, pain when you cough or take a deep breath, wheeziness, loss of voice but no sore throat, getting out of breath easily, loss of weight or appetite, feeling more tired than usual.

These symptoms do not necessarily mean lung cancer but it is always important to get checked out.

For any queries or concerns, a member of the Talking about Cancer Team can be contacted on 0800 783 4056 (not 24 hour).

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Get Involved

Get involved with the networks in Darlington

Children and Young Persons Collective

Darlington Children and Young People's Collective aims to ensure organisations work together, and with children, young people and their families to both identify and address how children and young people can be made happier, healthier, safer, more fulfilled and ready for adult life.

Learning Disability Network

The Learning Disability Network is made up of service user experts, carer experts and paid people from Darlington Council, three health providers and a range of other key partners. The role of the Learning Disability Network is to make sure the proposals in "Valuing People Now" happen and the quality of life for people with a learning disability living in Darlington continues to improve.

Mental Health Network

The Darlington Mental Health Network is made up of individuals and organisations who are interested in supporting the mental health and mental wellbeing of people who live in Darlington. Membership is open to anyone who has an interest in mental health locally.

Darlington Ageing Well Network (DAWN)

DAWN is a network of individuals looking at older peoples health and social care services.

Healthwatch Darlington will be providing regular updates from the networks in our newsletters and on our website.

Contacting your Healthwatch Project Office

Telephone: 01325 380 145

Text: 07525237723

Information and Signposting Freephone

0808 801 0383

Address: Freepost RTEH-TUCJ-TGCU, Healthwatch Darlington, CVS Building, Church Row, Darlington, DL1 5QD

Email: info@healthwatchdarlington.co.uk

Local Healthwatch Development Officer: Diane Lax

Community Participation and Engagement Officer: Andrea Goldie

Information and Signposting Officer: Louise Haymer

Web: www.healthwatchdarlington.co.uk



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