

Dementia Awareness Event

Take a trip down memory lane. Music memories and good company!

Come along on **Thursday 22nd Sept, from 2 - 4pm**. Tea, Coffee & cake at the Community Hub South, Wynyard Road, Hartlepool, TS25 3LQ

To book your place contact Carol @ Healthwatch on 0800 2545552

Text 07749688795 or Susan @ Community Hub South on 272631

Dementia Friends

Would you like to understand Dementia and how it can affect someone?

Dementia Friends sessions are between 45 minutes to 1 hour long and give you a brief overview of what Dementia is and how you can help people live with dementia.

The next Dementia Friends sessions are on;

- Tuesday 4th October - 2pm
- Monday 17th October - 11am
- Thursday 3rd November - 2pm

To book a session contact the Dementia Advisors at The Bridge

Tel: 01429 - 868587

Dementia Friendly



A Dementia Advisor will be at the Central Hub every Tuesday

10 - 12noon, offering advice and support. We are still taking appointments if anyone wishes to come to The bridge for advice.

Please call 01429 - 868587

The new Healthwatch Hartlepool website is now LIVE!

Please visit for news and information on Health & Social care, community events and much more!

www.healthwatchhartlepool.co.uk/

Unhappy with your NHS treatment or care?

NHS Advocacy is now provided by North East NHS Independent Complaints Advocacy (ICA), supporting individuals complaining about the NHS.

Freephone: 0808 802 3000. For further information please visit;

www.carersfederation.co.uk

Email: ica@carersfederation.co.uk

Deaf Clients can contact us by text 07789088284 or BSL Whats app video on 07738994040

Date for your diary!

Healthwatch Hartlepool **are** holding their AGM on the 13th December, 10am till 12 noon, at Greenbank, Waldon St, Hartlepool.

Further details for this event will be

For guidance and support on anything related to Covid - 19, please visit the link below:

<https://www.gov.uk/coronavirus>



Tony Leighton
Engagement Officer
Healthwatch Hartlepool
Greenbank
Waldon Street
Hartlepool TS24 7QS
Tel: 0800 2545552
Text; 07749 688795
www.healthwatchhartlepool.co.uk

NEWS UPDATE

September 2022

Over 65s can now book autumn COVID booster

People aged 65 and over will be able to book their autumn COVID booster through the national booking system from today, meaning five million more people can now top up their protection ahead of winter.

The NHS Covid vaccine service is also now offering appointments to carers and pregnant women, with bookings able to be made online or over the phone.

People aged 75 and over, the severely immunosuppressed, and frontline health and care workers have been able to book their latest booster dose since last Wednesday – with appointments starting from 12th September.

As with previous campaigns, those most at risk will be called forward first, with people able to book in online or through 119 as long as it has been three months since their last dose.

Around 26 million people across England will be eligible for an autumn booster over the coming weeks.

NHS director of vaccinations and screening Steve Russell said: “There is no room for complacency in keeping Covid-19 on the backfoot, and this autumn booster will help protect those most at risk. From today those aged 65 and over, pregnant women and carers are now able to get their jab. If you are one of those eligible, it is as important as ever to get your next dose, so please do come forward as soon as possible.”

Dozens of hospital hubs will also join the latest booster drive – delivering the jab to members of the public as well as their own staff and administering the flu vaccine where possible.

Those eligible for an autumn booster over the coming weeks, include over 50s, those with a weakened immune system and housebound people and pregnant women, in line with guidance set out by the JCVI.

Those with weakened immune systems are already able to self-declare and attend walk-ins to make getting the extra protection as easy as possible. Health and care workers can also book through national booking services.

From this month, the NHS is also rolling out this year’s flu vaccine, with eligible people able to get their flu and COVID jab at the same time depending on local system arrangements.

Fire Safety at Home

Residents can make sure they are safe in their homes with our newly launched **online Home Fire Safety Check tool**. The easy-to-follow online tool takes you around your home with simple questions that help spot any fire risks and how they can be radically reduced. At the end, you will receive a personalised fire safety action plan to help keep you and your household safe from fire.

The **Safelincs** tool is now available via the Cleveland Fire Brigade website

<https://www.safelincs.co.uk/hfsc/?ref=CFB> It only takes up to **15 minutes** to complete. The subjects range from working smoke alarms, distractions, cooking, and electrical appliances to escape routes in the event of a fire.

Cleveland Fire Brigade carry out thousands of Safer Homes Visits a year where crews come to your home and check everything is safe and fit free smoke alarms if needed. In 2021/22 crews and prevention staff completed approximately 21,000 home safety visits to protect our local communities.

The safety visits can unlock vital safety help, advice, and solutions and, where needed, signpost help from our partner organisations.

For fire safety advice, or if you do not have working smoke alarms in your home, please call 01429 872311. Call 01429 874063 to book a physical visit.

say no to mental health issues!

mental health counselling at
Talking Spaces Hartlepool.
claim your **FREE** initial
consultation today.



email: talkingspacescounselling@gmail.com
phone: 01429 806 967
www.talkingspacescounselling.com

New Counselling Service starts in Hartlepool

Are you feeling down or sad? or experiencing stress or burnout?
You may be struggling with depression, anxiety or panic attacks?
Are you experiencing relationship problems?
Or are you experiencing issues around your gender or sexual identity?

Are you experiencing feelings of guilt and shame, low self-esteem & lack of confidence, if so I can help you explore the issues effecting your mental health and causing you distress. Plus your first session is completely free of charge.

Andrew Flynn runs Talking Spaces, a Counselling service, based at Warrior Park, Seaton Carew, and is a member of the British Association for Counselling & Psychology and has been in practice for 3 years.

Hartlepool urgent care service reaches out to its local deaf community

A front-line health service in Hartlepool has reached out to its local deaf community to send key messages about issues it can help treat.

As part of efforts to reach out to its community, the urgent care service at the University Hospital of Hartlepool visited the Hartlepool Deaf Centre at an event with its members this week.

Urgent care practitioner Matt Sheridan spoke to the group around the types of minor injuries

and illnesses the service can treat.

Members also fed back on their own experiences of using the service and improvements needed.

Following the event at Café One 77 in Hartlepool town centre, Matt said: “Thank you to the Hartlepool Deaf Centre for reaching out and inviting us along to talk about the service.

“This was a fantastic opportunity to educate the group about how to use the service and when it would be appropriate to do so.

“It was also a chance to gain feedback about people’s experiences – both positive and negative – using the service and what we can do to improve.

“Our key message to the Hartlepool public is – we are here to help with a wide range of health issues.

“We are not an emergency service – but for minor injuries and illnesses we are here, 24 hours a day, seven days a week.”

The centre – which includes experienced nurse practitioners and health support workers – can help people with issues including sprains or strains, suspected broken bones, grazes, burns cuts and for people experiencing minor illness including sore throats, earache, eye conditions, stomach ache.

The service is not there to deal with complex issues that require continuity. Unless there is an urgent need these conditions should be addressed by the person own GP.

Anyone needing medical treatment should visit www.111.nhs.uk or ring 111 and speak to an experienced call handler to signpost to the most appropriate service.

North Tees and Hartlepool NHS Foundation Trust also has an urgent care service and an emergency care service at its other hospital site at the University Hospital of North Tees.

Rachel Austin, co-ordinator at Hartlepool Deaf Centre, said: “Thank you to Matt for taking the time to visit us and share his expertise, the members have learned a lot which they will pass on to other members of the deaf community.

“I am a member of the trust’s accessibility group – I know how hard the organisation works at doing all it can to provide the best care to all of its patients.

“Thank you once again to Matt for visiting us to raise awareness about the service and giving us a chance to listen, ask questions and to feed back about our experiences.”