



what

would you do?

It's your NHS. Have your say.

In January 2019 the NHS Long Term Plan was published, setting out all the things the NHS wants health services to do better for people across the country. This includes:

- Making it easier for people to access support closer to home and via technology
- Doing more to help people stay well
- Providing better support for people with long-term health conditions.

Healthwatch Tameside are taking part in this work over the next few months. We need your help to influence:

- Tameside health and social care plans
- Greater Manchester health and social care plans
- National health and social care plans

Please see overleaf for details of how you can 'Have your say'.



Please help us to spread our news by sharing this newsletter with a friend or neighbour. Thank you



How are Healthwatch Tameside getting involved with feedback to influence the NHS long term plan?

We need your help in completing these **two surveys**:

- 1) **General survey.** This is about care in general, and how you would like it to look.
- 2) **Survey about heart and lung services.** This is for people to complete who have experience of using these services.

To complete the surveys, please go online via our website at <https://www.healthwatchtameside.co.uk/>

Paper copies are also available, which can be posted back to our office in our FREEPOST envelope.

Focus groups

We are holding small discussion groups (for people who have experience of using heart and lung services) to talk about what you would like to see considered in the local plans. These will be held during April 2019. If you would like to contribute with your views, please get in touch, and we will let you have the details.

If you would like any other information, or would like to get paper copies of the survey and envelopes, please also get in touch:

Email - info@healthwatchtameside.co.uk

Phone - 0161 667 2526



Community Outreach

23856 contacts
24311 postcards
2011 surveys
921 stories

In our Winter 2018 issue, we highlighted these statistics (above) from our work in the community between April 2013 and December 2018.

We talk to people in libraries, pharmacies, at Tameside Hospital, at open days and events, and other community venues.

As well as hearing about people's experiences of care, we also provide a signposting/information service.

Volunteers needed

We are planning to expand this work, but to do this we need to recruit **additional volunteers**.

Can you spare a few hours each month?

Do you love talking to people?

Do you want to help make a difference?

Please ring us on **0161 667 2526** for more information, or email: info@healthwatchtameside.co.uk

Staff team

The Healthwatch Tameside team has seen some changes. The manager is back from secondment in Greater Manchester from 1 April. We welcome our new part-time team members too.



Peter Denton
Manager



Ayesha Khatun
Support with
complaints officer



Carolyn Shaw
Project support
officer



Aisha Mehreen
Student placement



Priorities for 2019-20

We have been setting priorities for our work over the coming year, based on analysis of information from last year, and feedback from partners and local people.

More updates in the next newsletter.

Community Groups

If you attend a voluntary or community group in Tameside, we can come along and talk to your group members at one of your meetings. There is no charge for this service.

Please ring us on **0161 667 2526** or email:

info@healthwatchtameside.co.uk

for more information.

Contact Us

Tel: 0161 667 2526

Email: info@healthwatchtameside.co.uk

Twitter: @HealthwatchTame

www.healthwatchtameside.co.uk

If you would like this newsletter in large print or another format please contact 0161 667 2526

Healthwatch Tameside Board



We are very pleased with the interest in joining the Healthwatch Tameside Board and are currently planning to meet applicants.

Once the new Board is established there will be a rolling programme of renewals by a third every year.



Suicide awareness training

Got 30 minutes? Learn life saving skills!

The Zero Suicide Alliance have brought out free online training, available to anyone, which can be found at <https://www.zerosuicidealliance.com/>

It is aimed at teaching how to approach a conversation if you see someone who is distressed or showing signs they are struggling with their mental health and might be thinking about harming themselves.

healthwatch
Tameside