

healthwatch

Blackburn with Darwen

Welcome to our first newsletter of 2022.

Happy New Year to everyone and welcome to our first newsletter of 2022. We're pleased to share with you that our team is expanding to increase our presence out and about in Blackburn with Darwen gathering residents' views and experiences of health and social care organisations. We were busy in the run up to Christmas carrying out engagement in Emergency Departments to understand winter pressures on urgent care – keep an eye on our website for the report sharing our findings and finally, we'd love to hear your views on what's important to you to help shape our workplan for 2022/23 so please complete the survey below to share your thoughts



Sarah Johns
Chief Officer

We would love to hear from you about what you feel are priority areas of focus for health and social care organisations in the coming year to help shape our 2022/23 workplan. Here's a link to our survey to share your views -

<https://www.surveymonkey.co.uk/r/LBZ5N9Y>



We welcome a new member to the Team.

Jenny is a Project Officer leading in youth engagement at Healthwatch Blackburn with Darwen. She has extensive experience of working within the criminal, youth justice and social care sectors. She has previously worked within the community for Lancashire Constabulary for over 10 years and for Lancashire County Council, safeguarding and delivering interventions to young people.

Can't find the support you need?

Healthwatch is here for you. In times of worry or stress, we can be there to find you the best place to go for help, find the health and social care information that you need or advise on how to make a complaint or where to go for extra support. Get in touch here.. <https://tinyurl.com/tucn94w3>



Living Well with MS

Saturday 12th February 10.30am-14.45pm

This is a free online information event for people affected by Multiple Sclerosis living across Lancashire.

There will be a chance to hear about;

- A personal experience of living well with MS
- Managing fatigue,
- Finance and benefits
- The benefits of exercise
- Local MS Groups and what services and support they offer
- National MS Society services

Places are limited, so advise to book early <https://www.eventbrite.co.uk/e/living-well-with-ms-in-lancashire-tickets-230766417567>

For more information or any queries, please contact Paul Smithson 020 8438 0753



Enter & View Update

Enter & View representatives are trained to visit a range of NHS and social care premises, and talk to staff, patients, carers and other service users about their experiences.

The information collected is used to make recommendations on how services can be improved. Our Enter and View Reports are shared with the CQC as well as being made available to the public on our website.

The team have been busy building positive relationship with care home managers and providers in the care sector and the most recent visit was to Oldfield House Care Home in Blackburn. The report can be viewed in full on our website [Enter and View Reports – Healthwatch Blackburn with Darwen](#)



If you are interested in becoming an Enter & View Representative with us, then get in touch [here](#), full training will be given.

Tell us about your experience of using community Pharmacies across Blackpool, Lancashire and Blackburn with Darwen.

Have you used a community pharmacy recently?

Share your views to influence future service planning

For more information call: 0300 32 32 100 (option 4)

Have you used a community pharmacy recently? Share your views to influence future service planning.

Follow this link to take part in the survey: <https://bit.ly/3DV5rqM>

Have you got Long Covid?

A support group meets weekly to provide help to anyone in Blackburn with Darwen who has, or thinks they might have, Long Covid.

The support group is run by volunteers who have Long Covid themselves, and who have taken part in a four-week wellbeing course offered through the Covid Community Champions programme.



The group is free to attend and meets every *Wednesday between 1pm and 2pm in Blackburn Library*. Hot drinks are on offer and everyone is welcome.

To find out more about the support group before going along, get in touch with the Covid Community Champions team on communitychampions@blackburn.gov.uk or **01254 304597**

5 Ways to Stay Well



Covid-19 hasn't gone away.

There are simple things we can all do to protect ourselves and others.

Get your Covid and flu vaccines as soon as possible - including your booster dose

www.blackburn.gov.uk/coronavirus



We are expanding our team and have a vacancy for an Engagement & Volunteer Coordinator

The closing date for applications is the 28th January at 5pm. For further information on how to apply visit our website [Job Vacancies – Healthwatch Blackburn with Darwen](#)