

Healthwatch Stockton-on-Tees

Champions & Volunteers



How you can work with us

- **Become a champion**
- **Volunteering – roles include Board Member, Community Representative, Support with Coffee Mornings and Events**
- **Represent your communities**
- **Improving the lives of people you work with – supporting access to services and helping to inform positive changes**

Healthwatch Champion

Supporting our work

- Enter and Views
- Pop up Events
- Coffee/activity Mornings
- Support with information gathering
- Building capacity in our communities
- Creating and sustaining strong relationships in the community
- Becoming a healthwatch member – get our updates, newsletters and reports first hand

Becoming a Healthwatch Champion

Working together to improve Health and wellbeing in Stockton on Tees

You can have as much or as little involvement in each piece of work we carry out. We want to support YOU to have an input, we can work to your needs.

There may be an area, or piece of work where you have lived experience or are a specialist and feel the work would benefit from your firsthand knowledge

You may feel you want to learn from this subject and be involved in another way

You can contact us by email to arrange a chat

- Janet.Bradley@pcp.uk.net
- Lynn.Swainston@pcp.uk.net

ADHD – Larissa's Voice

Larissa's voice helped to form and shape our work plan

- Larissa contacted us to share her experience of ADHD and the challenges faced – this is recognised Nationally as ongoing issue on stretched resources.
- We wanted to know what small changes could be made to help improve the lives of those living with, or waiting an assessment of ADHD
- We developed a survey and held coffee mornings to gather further information and experiences from the public
- A report has now been finalised, including recommendations for change – This will help inform nationally as well as locally to support future commissioning

community:
personalised one-to-one appointment
going advice and practical support
developing an action plan
ng health and mental wellbeing
increasing confidence
ing feelings of isolation



find a new GP
or dentist?

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Together We Are Stronger

healthwatch
Stockton-on-Tees