

# Spring News

**healthwatch**  
Sunderland

## We are still here and continue to:

- \*Be out and about across the city listening to you and gathering your experiences of health and social care.
- \*Share what we hear with those in power to help improve services.
- \*Provide support to help you navigate the health and care system and help you find the information you need.

We look forward to seeing you!

## Welcome Favour



We are very excited to welcome Favour to our Healthwatch engagement team. She joined us at the beginning of March and has already been out and about meeting people in the area. Say hi when you see her on her travels.

## North East Ambulance Service

The North East Ambulance Service are inviting expressions of interest from individuals who would like to be part of a new Patient and Public Research Group supporting research across the region.



**Join Our Patient & Public Research Group**

Help Shape the Future of Ambulance Service Research

- ✓ Around 3 hours per year
- ✓ £25 per hour
- ✓ Stay engaged with events & updates

**Interested?**

✉ Email: [karl.charlton@neas.nhs.uk](mailto:karl.charlton@neas.nhs.uk)

**Please Share!**  **healthwatch** 

The advertisement features a green background with a yellow and green ambulance on the left. The main title 'Join Our Patient & Public Research Group' is in large, bold, yellow and white text. Below it, the subtitle 'Help Shape the Future of Ambulance Service Research' is in white. Three bullet points with checkmarks list the benefits: 'Around 3 hours per year', '£25 per hour', and 'Stay engaged with events & updates'. To the right of these points are illustrations of three diverse people: an older woman with white hair, a young man, and a man in a green NHS uniform. At the bottom, there is a call to action 'Interested?' followed by an envelope icon and the email address 'karl.charlton@neas.nhs.uk'. Below that, it says 'Please Share!' followed by the Healthwatch logo and an icon of four stylized people.

[Read more](#)

## Sunderland Carers Centre need your feedback



**Carers,  
We Want Your Feedback!**

**Take Our Survey!**  
Click the link below!  
Share Your Thoughts!

Sunderland Carers Centre

Help Us Improve Support for Carers!

Sunderland Carers' Centre have created a short survey to help them understand how they can better support carers in our community.

Whether you currently attend their sessions, have attended in the past, or haven't been able to go along yet, your feedback is really important to them.

[Complete the survey](#)

## Marie Curie – volunteers needed

Marie Curie is looking for kind and caring volunteers who want to help people at a very important time. We want to make sure everyone gets the support they need, and you could help make that happen



### Volunteers needed in Sunderland Royal Hospital

**Could you be a companion for someone who is at, or nearing, end of life?**

Marie Curie is looking for kind and caring volunteers who want to help people at a very important time. We want to make sure everyone gets the support they need, and you could help make that happen.

Are you able to talk about death and dying in a gentle and open way?

Are you calm, compassionate and warm-hearted?

Can you give three hours of your time each week?

**If you want to make a difference when it matters most**  
Contact us to find out more

07729 000 188

[Claudia.Hepworth@mariecurie.org.uk](mailto:Claudia.Hepworth@mariecurie.org.uk)

[mariecurie.org.uk/get-involved/volunteering](https://mariecurie.org.uk/get-involved/volunteering)

**FR** Registered with FUNDRAISING REGULATOR  
Charity reg no. 207744 (England & Wales), SC558732 (Scotland)

SUPPORTED BY:  
  
South Tyneside and Sunderland NHS Foundation Trust

[Read more](#)

## Healthwatch England report – State of health and social care



A report by Healthwatch England provides a detailed overview of the public's experiences with NHS and social care services, based on 390,000 pieces of feedback collected from 2023 to 2025.

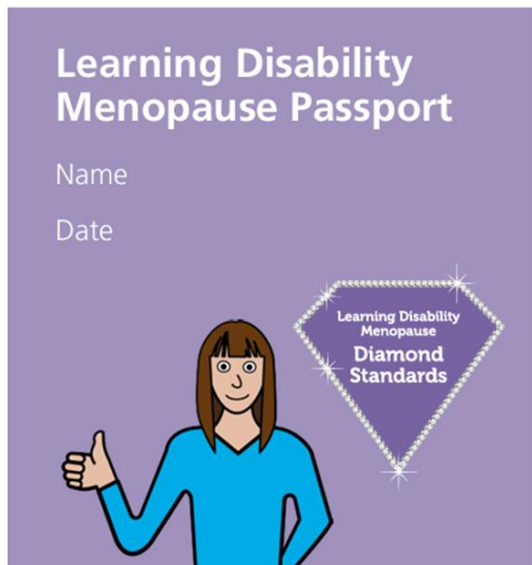
The report highlights ongoing issues, including long wait times, limited access, inequalities, and administrative errors, across several key areas such as general practice, dentistry, mental health, cancer care, elective procedures, social care, and emergency services.

[Read the full report](#)

# Menopause passport



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Co-developed with a group of women with a learning disability in Teesside and the NHS the menopause passport can be used by health and care professionals, women with a learning disability, and family carers.

It can be downloaded and completed online and then shared, or it can be printed and completed.

[Read more](#)

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