

Summer 2021 Newsletter



A message from the Chair

I must begin by acknowledging that the last year has been the most difficult one for health and social care services as well as the individuals and the country as a whole. We have all faced many unprecedented challenges and difficulties both as individuals and services. We have had to adapt and change very quickly to the circumstances and government guidelines to keep everything running.

Hopefully we can now begin to move forward in a more planned way. This is the reason why Healthwatch Hampshire has been asking you the public of Hampshire to let us know what really matters to you. I hope you enjoy reading the results of our survey.

I am sure that there will be some good changes which improve services you receive but there will be some changes which do not work for you and your families.

That is why we are here - to listen to your voices and ensure that your comments are heard by those who deliver and plan services. Please continue to keep your comments coming and I assure you that we read them all.

I hope you find this newsletter helpful and informative. I cannot conclude my section without again saying a big thank you to the public for your help and to the Healthwatch Hampshire staff and volunteers for their hard work and dedication during the past year.

Take care everyone and keep safe.

Ann

Through the Pandemic - Healthwatch Hampshire Annual Report 2020 - 2021

It has certainly been a year like no other as we look back at the work of Healthwatch Hampshire over the past 12 months for our Annual Report 2020 - 2021. From moving our team to home working and getting to grips with digital engagement, it has been a year of change for everyone.

The past year has seen big changes and challenges for everyone as the pandemic took hold and the country went into lockdown. Access to health and social care services had to change dramatically and the role of Healthwatch was even more important at this time.

Digital working has enabled us to develop new connections, work in partnership far more easily and collaborate with other organisations to co-produce projects. Our work around unpaid carers has been a prime example of this success.

We are mindful however, that many people without access to technology have been left disadvantaged and this is something that we are looking at in terms of access to health and social care services moving forward.

You can read all about the work we have been carrying out, and what our priorities are for the next year, in our Annual Report.

[Find out more here](#)

What Matters Survey - the results

We asked the public across Hampshire to tell us what matters most to them around health and social care issues as we come out of the pandemic. We ran a survey throughout March and April asking questions about health and care services and more than 320 people shared their views with us.

We will shortly be publishing a full report from the survey so watch this space. However, the results highlight the key issues which Hampshire residents are concerned about when it comes to health and social care.

We asked which services people thought Healthwatch Hampshire should be focussing on in the coming year and the results were:

- 29% said mental health services
- 25% said GP services
- 9% said care for older people

As a result, we are now running additional projects to find out more about the issues and to discover exactly which mental health services people are concerned about and what the issues are around GP services in more details, so we can then look at what we can to help.

What we've been working on:

Tell your GP you are a carer campaign

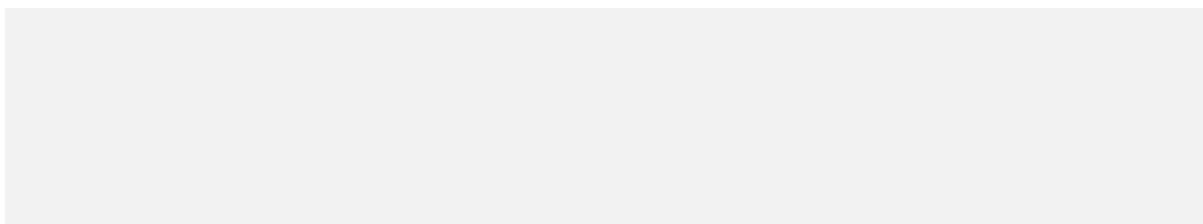
We worked with a GP and a carer to create a new campaign urging those with caring responsibilities to tell their GP that they are carers. We developed social media posts, videos with the GP and the carer talking about the benefits, and an article highlighting the top ten reasons carers should tell their GPs. The campaign has been shared widely on social media and with our carer and social care contacts.

You can read [more here](#).



GP Data Opt-out programme

We developed a new [advice and information page](#) to inform patients about the extension to the GP Data Opt-out programme and signpost them towards the NHS Digital pages if they wish to opt out of having their medical records shared.





Celebrating Pride Month

June was Pride Month so we developed campaign materials to celebrate Pride Month on our website and social media, including recognising the impact that Covid-19 has had on the LGBT+ communities.

[Find out more.](#)

Carers Week

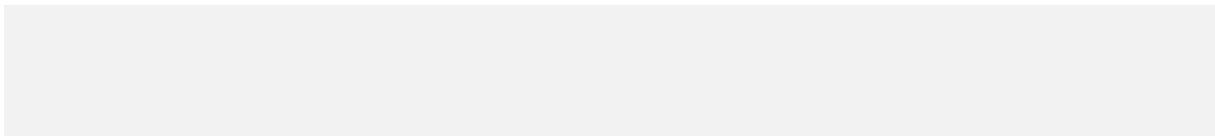
Our work with carers was celebrated as part of Carers Week in June, including our new GP campaign. Making carers more visible was the theme of the campaign which was used to share details of our Caring during Covid report, our Carers Zone and our GP campaign.

[Read more.](#)

Men's Health Week

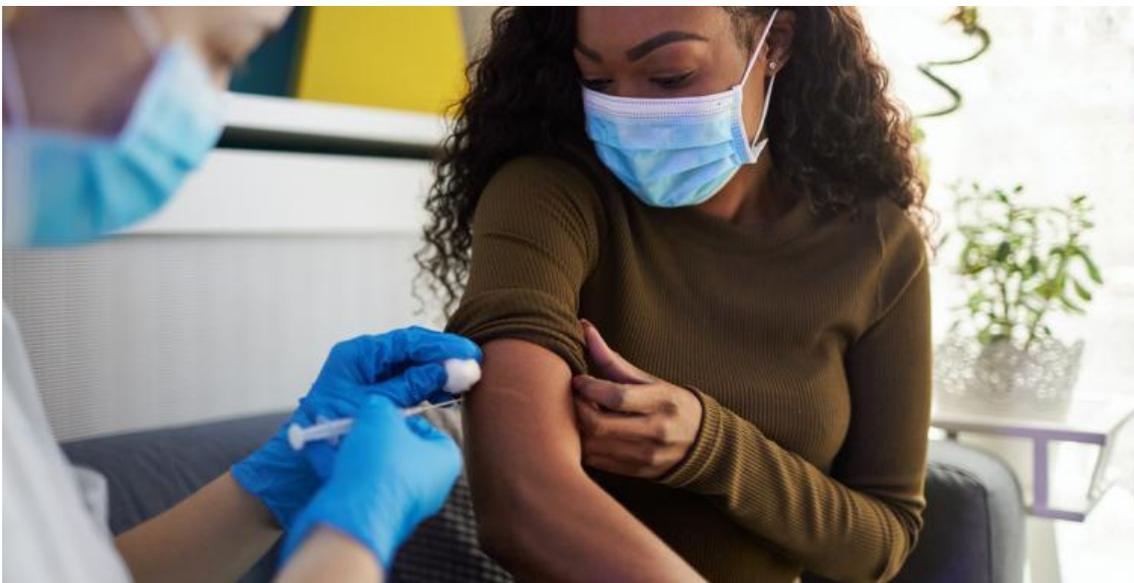
Encouraging men to talk about their feelings following the pandemic, to help improve their mental health, was one of the theme's of Men's Health Week in June. The campaign also encouraged men to take five positive actions during the week to improve their wellbeing.

[Read more](#)





Local health service news



Almost 2 million vaccines delivered across Hampshire

The successful roll-out of the [COVID-19 vaccination programme](#) continues with more than 1.87 million vaccines have delivered across Hampshire and the Isle of Wight to date. The NHS is pleased to report that 95% of people aged 40 and over across Hampshire and the Isle

of Wight have received their first dose of the vaccine and is on track to meet the national target of offering all adults a first dose by the end of July.

Update from Hampshire Together on consultation programme

Hampshire Together have delayed the timing of their consultation for the proposed changes to health services in north and Mid Hampshire.

[Find out more.](#)

Becoming a member of University Hospital Southampton NHS Foundation Trust

University Hospital Southampton NHS Foundation Trust (UHS) are looking for new members to help shape their future. As a member, you will be kept up-to-date about developments at the Trust and you have a voice to raise the issues that are important to you.

There is no charge for joining and membership is open to anyone over the age of 16. You don't need to have been a patient to be a member, just be interested in supporting and knowing more about the work taking place across UHS sites.

You will also have the opportunity to vote and stand in Council of Governor elections. There is an election in the Rest of England and Wales constituency taking place in September, which members can put their name forward for now.

It only takes a couple of minutes to sign up, go to www.uhs.nhs.uk/members.

News from around Hampshire



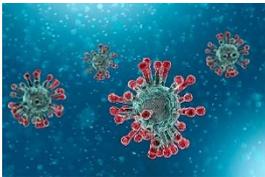
Make time for your mental health

It's important to make time for your mental health. [Connect to Support Hampshire](#) has a wide range of resources to support your mental wellbeing and links through to useful information from the NHS and Mind. [The Community Directory](#) lists local support in your area, as well as national charities and helplines.



A new online counselling service has been set up for young people

A new service has been launched to support the wellbeing of young people across Hampshire, Southampton and Isle of Wight. [Kooth](#), a service delivered by Kooth Plc, is a [free online counselling](#) and emotional wellbeing support service providing young people aged 11 - 25 years (up to their 26th birthday) with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors.



Symptom-free COVID-19 tests rolled across Hampshire pharmacies

Hampshire residents without COVID-19 symptoms are being encouraged to get into the habit of regular, twice-weekly testing to help protect those around them. Around one in three people with coronavirus have no symptoms and could be spreading it without knowing, so regular testing will help identify more positive cases and break chains of transmission - helping us to get back to a more normal way of life.

Anyone can access free supervised testing, or collect kits to self-test at home, from [participating pharmacies](#).

