



Rosey (right) won the Young Person's Outstanding Contribution Award at the Diabetes UK Inspire Awards for campaigning to get sensors available on prescription.



Healthwatch Dorset helps young people raise awareness for World Diabetes Day

Healthwatch Dorset, the county's independent health and care champion, has been speaking with young people about their experiences with type 1 diabetes.

Please don't make assumptions about my diabetes and don't bully me about it - just ask me if you have any questions," said 16-year-old Nicole in a vox pop video made by Healthwatch Dorset.

"I wish people had more awareness because then they wouldn't talk about me like that," she said.

Nicole has had type 1 diabetes for over 10 years and says her first memory of it was waking up in hospital after being in a diabetic coma when she was four years old.

“I have a lot of anxiety about going to sleep because a lot of diabetics die in their sleep and you just hope it won't be you,” she said. [Read more...](#)

Healthwatch Dorset's award- winning volunteers

*Volunteer of the Year
Award winner Robert
Grant-Kensley (left)
accepts his certificate
from HM Lord
Lieutenant of Dorset,
Angus Campbell.*



Two Healthwatch Dorset volunteers won their categories at the Dorset Volunteer Centre Awards. They were nominated by our Volunteer Officer, Holly Drinkwater.

Young Volunteer of the Year Award: Ellie-May Tate:

Ellie has volunteered with Healthwatch Dorset at our events over the last few years. She willingly and eagerly gives up her time to help empower local people to make positive change in their local NHS services. She is also a fundraiser for Cancer Research UK at her university as well as having volunteered at a charity shop in the past. Ellie is interested in working in healthcare in the future.

“I love volunteering as it allows me to interact with the public, share the charity's message and it gives me a real sense of achievement. As a student, I'm unable to give money to charity, but I am always able to give my time,” said Ellie

Volunteer of the Year Award: Robert Grant-Kensley

Since retirement, Bob has been a valued volunteer at Healthwatch Dorset. Selflessly giving his time to help others, some of his activities include: taking an active role in the Patient and Public Involvement Scheme to assist in the way in which patients, the public, service users and carers could influence their own care treatment, have a say in the way services are planned and run and help bring improvement to the way care is provided.

Bob has also applied to be a member of our Steering Group, has taken part in many of our public events, got involved with our Poole Hospital A&E project and taken the time to evaluate and review our literature before it goes to print.

On top of winning Volunteer of the Year Award, Bob's name was drawn at random from a hat to win a holiday with Room to Reward - a unique volunteer-recognition charity created to say 'thank you' to the Hidden Heroes, inspirational volunteers who give up their time to make a difference to those who need it most.



Local residents step up to join Healthwatch Dorset's Steering Group

During the Summer, Healthwatch Dorset asked if anyone in the community would be willing to join a Steering Group for the Community Interest Company.

“We were looking for local people with a passionate interest in helping the local community shape the way their health and social care services are run,” said Healthwatch Dorset Manager Louise Bate.

“It is a voluntary role and Steering Group members will oversee and contribute to the work programme and play a crucial role in monitoring its delivery. They also play a part supporting the organisation to adhere to its principles, purpose and vision and ensuring that it operates in a moral and ethical way,” she said.

[Read more...](#)

Vote for 'A Lived Experience of Homelessness' in the Charity Film Awards

Last month we shared with you a series of new community films – supported by Healthwatch Dorset – produced by Bournemouth University to help inform students in Dorset studying health and social care.

A Lived Experience of Homelessness



We are pleased to announce 'A Lived Experience of Homelessness' has been nominated for a Charity Film Award.

The film up for an award is a personal story from Matt, who discusses his journey into rough sleeping and substance use. His perspective provides a powerful insight into how unexpected life events can create a pathway into homelessness which then proves difficult to move beyond. [Read more...](#)



National research launched on mental health statistics

The UK's largest independent regulator of official statistics wants to hear from patients, carers and their families about how they access and use statistics on mental health in England.

Working through research consultancy Evolving Communities, the Office for Statistics Regulation (OSR) is carrying out a review of the mental health statistics that it regulates and wants to find out if they are providing the right information to support patients and families.

The information gathered from the research will be used to improve and shape the OSR's future provision of statistics around mental health.

The OSR want to hear from people who may be living with a mental health condition or know someone who is affected to find out what they think about the mental health statistics that are currently available and what could be improved.

[Read more...](#)

New Wessex Cancer Patient Alliance literature review from Wessex Voices

Wessex Voices has published the Wessex Cancer Alliance Patient, Carer and Public Experience and Engagement Literature Review.

This independent literature review focusses on recent local and national patient, carer and public experience and engagement to inform the Wessex Cancer Alliance's response to the NHS Long Term Plan.

The findings cover the areas set out in the Cancer Alliances Five Year Deliverables guidance:

- Prevention and Screening
- Earlier and Fast Diagnosis
- Access to Optimal Treatment
- Personalised Care (including End of Life)

The report also draws out lessons from the review exercise and identifies gaps in patient and public involvement (PPI) intelligence that may need further exploration, recommending that the Wessex Cancer Alliance retains a strong commitment to meaningful coproduction and person-centred approach across all areas of its future work.

A [copy of the full report](https://www.wessexvoices.org/wessex-voices-publications.html) can be downloaded from the Wessex Voices' website: <https://www.wessexvoices.org/wessex-voices-publications.html>

Engagement Officer - flexible contracts, home/office based

We are building up our bank of experienced engagement officers. We offer attractive daily rates of in the region of £200 per day depending on the project.



Are you a people person, experienced in engagement? Do you have an interest in making a difference in the health, social care and community sector? Then Evolving Communities would like to hear from you. If you like the flexibility of working on short term projects, then this is the ideal opportunity for you. We are

a small and friendly team based in Melksham Wiltshire but work on projects across the South West and nationally. You have the option of being home or office based (dependent on the project).

You will need to demonstrate an excellent flair for public engagement, have good attention to detail and excellent interpersonal skills plus the ability to work to deadlines. Experience of working in the Health, care or voluntary and community sector would be an advantage.

Here at Evolving Communities, our vision is for everyone to have a voice in influencing positive change in their health and care.

For more information please visit:

evolvingcommunities.co.uk/expertise/vacancies/

Tel: 01225 701851 | email: research@evolvingcommunities.co.uk



Share your views with us

Staff and volunteers will be out and about in Dorset this month to listen to the health and care experiences of local people.

Friday 29 November, 10am - 1pm

Sturminster Newton Local Offer

Saturday 30 November

Carers Rights Day

Thursday 5 December

International Volunteer Day. We will be holding a Christmas party for Healthwatch Dorset volunteers to show our appreciation on International Volunteer Day.

[Find out more...](#)



What the election means for Healthwatch Dorset

With the upcoming election, we have entered 'purdah' - the period of time before an election when public authorities are limited in what they can do. This is to ensure that they are not seen to favour one political group or interest.

Under the requirements of purdah Healthwatch Dorset is obliged to act in a politically neutral manner, meaning that we can not comment on, or publish anything, that could be interpreted as politically leading or biased.

In theory, purdah should cease at 10.00pm on Thursday 12th December. However, should the election result in no overall majority, we will remain in purdah until an official government is formed.

If you would like to know more about purdah, the [Local Government Association](#) have released some guidance which you can view here at www.local.gov.uk

Healthwatch Dorset is the county's independent health and care champion.

We exist to ensure that people are at the heart of care.

Our dedicated team of staff and volunteers listen to what people like about local health and care services, and what could be improved.

These views are then shared with the decision-making organisations in the county, so together we can make a real difference.

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