

New report: Making health and care better for young people



This month our Young Listeners reported on young people's experiences of health and social care in Dorset, and their ideas for how services could change and improve to work better for young people. They want services to listen more, communicate better with young people and each other, and improve how they coordinate care.

[Read more](#) and [watch our video](#) to see our Young Listeners talking about why young people want health and social care services to listen and take action to improve.



New video: Phil's story of homelessness and health inequality



Tackling health inequity is a priority for the NHS at a national, regional, and local level. To really understand what health inequality looks like it's important to give people the opportunity to tell their story in their own way.

We know that people who are homeless experience inequalities in health outcomes, including shorter life expectancy. Last month we [reported](#) on the difficulties people experiencing homelessness face when trying to use local health and care services. This month we made a video with Phil who has been

homeless for 18 years, which we presented at the Healthwatch England national conference. [Watch the video](#) to hear Phil share his story of being homeless and trying to get the care and support that he needs.

My life as a young carer: keeping mum safe and well

On Carers Rights Day (25 November), Healthwatch Dorset volunteer Lee, shared his story of being a young carer. Lee is 17 and lives with his mum and younger sister. He is busier than your average teenager because alongside living his life, studying for his A Levels and trying to plan his future, he also cares for his mum who has epilepsy and rheumatoid arthritis.



Lee wants to raise awareness of the challenges carers face and the support available for young carers in Dorset, which has made such a positive difference in his own life. [Read his story](#) and find out about support for young carers in Dorset.

COPD: Share your experience to help develop a device for managing breathlessness

Students from Bournemouth University are looking for people who experience breathlessness due to Chronic Obstructive Pulmonary Disease (COPD) to complete a questionnaire about living with the condition. They are designing a new breath training device to help people manage breathlessness, so want to understand more fully the issues and views of people living with COPD.



If you would like to know more about the project and to get involved, email s5202456@bournemouth.ac.uk or view the [information pack](#).

What do you think about mental health care in North Dorset?

We recently helped Mental Health North Dorset and Rural Mental Health Matters design a questionnaire to gather public feedback about mental health services in North Dorset. They want to build and share understanding about the best ways to design and deliver mental health support for people living in rural areas. [Find out about the project and to complete the survey](#).



Covid-19 booster jabs in Dorset: NHS update



We are getting enquiries about booster vaccinations in Dorset, so we asked the NHS for an update. They told us that demand through the national booking system is extremely high and this is creating difficulties for some people trying to book the vaccine in their local area. However, new appointments continue to be added and they are advising people to keep checking, either online or by calling 119. They are encouraging people to book their booster appointment for a time near to six-months after their second dose but want to reassure people that the six-month interval is the minimum recommended time and receiving a booster slightly later will still provide you with protection.

Find out about booster jabs in Dorset: [COVID-19 booster vaccine Dorset \(NHS Dorset CCG\)](#). Find out about walk-in clinics in your area: [Walk-in COVID-19 vaccination sites \(NHS\)](#).

Healthwatch England research: Waiting lists are inevitable, it's how we manage them that matters

Over the last three months, Healthwatch England has heard from more than 2,500 people about their experiences of waiting for hospital treatment. This month they reported on their findings, digging beneath the headlines to understand how the backlog is impacting the lives of those waiting for care, and to support the NHS to make decisions on how best to manage waiting lists.



[Read the Healthwatch England article](#) to find out what their research shows about how long people are waiting for care and who is waiting the longest, what it's like waiting for care, what is being done and what more could be done to improve communications and provide support.

New National Director at Healthwatch England

It was announced this month that Louise Ansari will join Healthwatch England in February as the new National Director. For the past five years, Louise has been Director of Communications and Influencing at the Centre for Ageing Better. She previously held senior leadership roles at Diabetes UK and Lambeth Council, and worked as a media specialist at Which? Magazine, the Food Standards Agency, and the Health Education Authority. [Read more...](#)



Share your feedback

[Get in touch](#) to share your feedback and help make health and social care better for you and your community.



Share our news

If you know someone who would be interested in keeping up to date with our news or getting involved with our work, please share this bulletin and [sign-up link](#).

Speak up and help make health and social care better for you and your community

Healthwatch Dorset is the county's health and social care champion. We are an independent statutory body with the power to make sure NHS leaders and other health and social care decision makers listen to public feedback and use this to improve standards of care. Healthwatch Dorset covers the geographical area of Dorset, which includes the unitary authority areas of Bournemouth, Christchurch and Poole and Dorset.



Copyright © 2021 Healthwatch Dorset, All rights reserved.

0300 111 0102

Healthwatch Dorset · The Bridge · Chaseside · Bournemouth, BH7 7BX · United Kingdom

<https://www.healthwatchdorset.co.uk>