



Watch our new film: 'Mental health – it's OK to talk'

In response to public feedback we gathered this year about mental health services, we released a new film to coincide with World Mental Health Day on 10 October. The main message is that people's mental health can be affected at any time, by a wide range of circumstances, and it is always 'okay to talk'. Huge thanks to Healthwatch Dorset volunteers, Shannon, Will and Elaine, for sharing their personal stories, and talking candidly about the issues they have faced and the support that makes all the difference – especially the value of talking.

[Read more and watch the film.](#) Share the link: vimeo.com/464718754

Diet and mental health

One of our volunteers, Richie, is currently studying a Master's in Nutrition and Behaviour at Bournemouth University. We spoke to him about the link between diet and mental health. [Read more...](#)



Meet our new Youth Engagement Officer



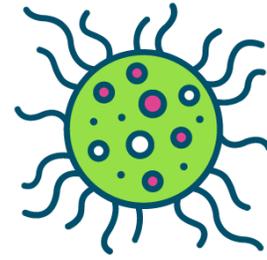
Lindsey Fish recently joined Healthwatch Dorset to lead our exciting new Young Listeners project. In coming months, she will be working with young people from across the county, supporting them to speak up about their health and social care needs to help improve services.

"I've worked with young people throughout my career, as a teacher and as a Regional Coordinator for a national environmental education programme in New Zealand, and I have three young adult sons. I understand the enormous value of listening to young people, and I'm looking forward to supporting them to share their experiences and ideas - with each other and with those responsible for delivering and improving local health and wellbeing services."

If you are under 25 years, or you work with young people and are interested in getting involved, please do [get in touch](#).

Dorset joins Covid-19 vaccine search

Dorset NHS and residents are playing their part in the search for a Covid-19 vaccine, with the opening of a key vaccine trial in Dorset's new research hub at Royal Bournemouth Hospital (RBH).



This is one of six national trials aimed at getting an effective vaccine, faster. Over 500 Dorset residents will join 10,000 volunteers across the UK helping confirm the safety and effectiveness of the new vaccine. The researchers leading trials are particularly keen to make sure the vaccine protects those most at risk of severe Covid-19, calling on those aged over 65, from a Black, Asian, and minority ethnic (BAME) background and people with pre-existing health conditions to get involved.

People can sign up to be contacted about this study, and future studies, via the NHS Covid-19 vaccine research registry at www.nhs.uk/researchcontact.



Are you at risk of flu?

Had the jab yet?

Last year, Healthwatch Dorset Steering Group member, Peter Greensmith (*pictured left*), caught flu. [Read more and watch the video](#) to hear why he thinks people should get vaccinated.

Share the link: vimeo.com/472625354

This year, the flu vaccine is being offered free on the NHS to adults aged 65 and over, people with certain medical conditions (including children in at-risk groups from 6 months of age), pregnant women, people living with someone who's at high risk from coronavirus (on the NHS shielded patient list), children aged 2 and 3 on 31 August 2020, children in primary school, children in year 7 (secondary school), and frontline health or social care workers.

Dorset Clinical Commissioning Group wants people aged 50 to 64 and in an at-risk group, to have the flu vaccine as soon as possible. If you are aged 50-64 and not in one of the at-risk categories, you will be made aware in the coming months if you will be able to get the vaccination. If you aren't eligible for a free flu jab you are able to pay for one at your local pharmacist. For more information, visit www.nhs.uk/conditions/flu/.

National award nomination

We are delighted to be shortlisted for a national [Healthwatch England](#) award in the category '**Celebrating our volunteer team**'. The nomination recognises the value of our work last year supporting young volunteers to raise awareness of what it is like to live with type one diabetes. The overall award winner will be announced during Healthwatch Week, 2-6 November 2020. [Read more...](#)



[Watch the films we made with our young volunteers.](#)

The value of working together



Covid-19 has presented new challenges for how we engage with people. Lucy Cribb (*pictured left*), our Engagement Officer, wrote a blog highlighting the value of local organisations working together to understand and champion local people's views. It was published on World Homeless Day, 10 October, because it features Michael House, a charity supporting homeless people in Bournemouth. They recently helped us

gather feedback from their clients to inform Dorset Clinical Commissioning Group's review of Community Mental Health Services. [Read more...](#)

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

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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