

Annual report 2020-21



Our new annual report (published this week) highlights how we worked throughout the pandemic to understand people's health and care needs, and how we used this insight to guide NHS and social care services to develop and improve how they cared for people during COVID-19.

Last year (April 2020-March 2021), 3,128 Dorset residents shared feedback with us about the county's health and care services or sought information and advice on how to access the care and support they needed. [Read more](#) about our work, the issues people raised with us, and our recommendations for how services could improve.

Our young volunteers are ready to listen



Our 11 young volunteers have been busy over the last month, attending training, planning how they want to engage with other young people, and creating a project logo. They have also decided on the focus for the project - they want to find out more about health inequalities, the transition between children and adult services, and collaboration between health, care, and education.

Our Young Listeners are fully trained and ready to listen, so we are now looking for opportunities for them to talk to other young people about their health and

care experiences. This could be over Zoom, face-to-face or over the phone. If you know of a youth group, a school or college, an under 25's sports team for example, or an individual that would like to take part, please let us know.

"Thank you for the interview today. The young lady who carried it out was excellent and we were very pleased to have been involved." Chrissy, carer and aunt to Matthew, a young man with Special Educational Needs and Disabilities.

[Find out more](#) about the project and how to contact Lindsey, our Youth Engagement Officer.



healthwatch
Dorset

Aged under 25?

Tell us about your health and care experiences to help bring positive change to young people's services across Dorset.

Contact our Young Listeners (before 31 July)

0300 111 0102 or 07832 280694
lindsey.fish@healthwatchdorset.co.uk

Light On Mental Health Campaign – new survey

The University of Bournemouth and Public Health Dorset are working together on a research project to investigate the barriers that exist when people need mental health support. They want to understand what people across Dorset believe about mental health, how they feel about seeking support for their own mental health, and how confident they are in supporting friends/family with their mental health. Their findings will feed into the creation of a larger media campaign across Dorset around men's mental health.



While the research team want to find out what men think about mental health, all Dorset residents over the age of 18 can [complete the survey](#).

Tai Chi and dementia

Bournemouth University researcher, Dr Samuel Nyman, is looking for local people aged over 65 who live with dementia at home (not Lewy Body or Parkinson's type), and their spouse/informal carer, to take part in a project investigating the benefits of Tai Chi. Dr Nyman is looking for people to help develop the project and to try home based Tai Chi for themselves, from now until the end of July 2021.



If you, or anyone you know, would be **interested**, email Angela Warren, Carer and Service User Co-ordinator at Bournemouth University, to find out more: awarren@bournemouth.ac.uk

New NHS system for GP data sharing

Patient data held in GP medical records is used by the NHS to support health and care planning and research in England. NHS Digital has developed a new way to collect patient data. The government has announced that the new system which was due to start in July will be delayed until 1 September, due to concerns from doctors' organisations about privacy and lack of public awareness. [Find out more](#) about the government's plans for data sharing and how to opt out if you do not want your data to be shared.



Share our news

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

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. We cover the geographical area of Dorset, which includes the unitary authority areas of Bournemouth, Christchurch and Poole and Dorset.



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